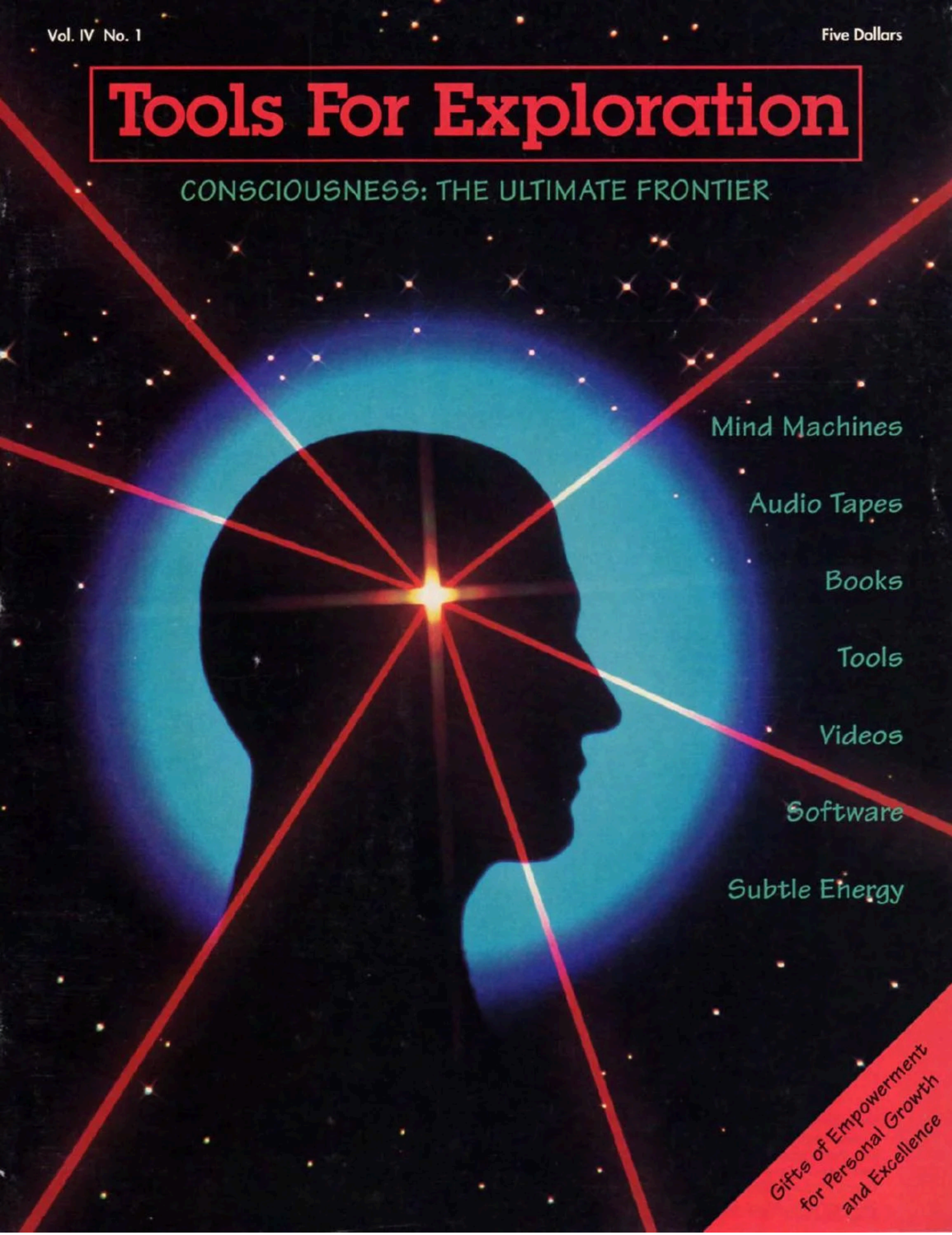
Vol. IV No. 1

Five Dollars

Tools For Exploration

CONSCIOUSNESS: THE ULTIMATE FRONTIER



Mind Machines

Audio Tapes

Books

Tools

Videos

Software

Subtle Energy

Gifts of Empowerment for Personal Growth and Excellence

Dear Friend,

I'm excited about this catalog, and I hope you enjoy it. Much is new.

First, you'll discover an array of exciting and important new products (many pictured in color). Please check out *pages 4, 5, 8-10, 18, 69 and 78-79.*

Next, you'll find that the catalog is, hopefully, much easier to use despite its size. An expanded Table of Contents and an Index *(page 73)* should make it easier to find what you're looking for. They're supported by an expanded Tape & CD Index *(page 6)*, our color New Products Showcase *(pages 4-5)*, and the color section "Where To Begin" *(pages 78-79)*.

Finally, you'll notice short articles inside on subjects like "Stillness," "Life Energy," "The 'Other 90%' of Your Brain," and "Waking Up the Body's Intelligence." These give us a chance to speak personally about why we find our products so inspiring, instead of just talking about the "facts."

Tools For Exploration is a company that cares, and everyone here keeps trying to do his or her job better and better. We hope our dedication to service comes through to you!

Thanks for giving us a chance to do a job we love.

Sincerely,

Terry Patten

The Tools For Exploration Team. Front: Leslie Patten, Terry Patten, Teresa Grant. Middle: Vicky Leto, Bette Hammond, Vicki Burns. Back: Julian Isaacs, Byron Mandel. (Not pictured: Richard Mazza, Forrest Seage, Marilyn Hughes, James Minkin.)

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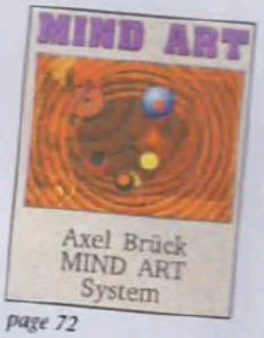

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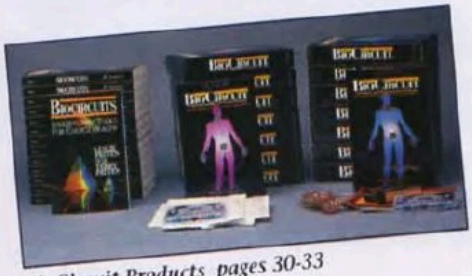

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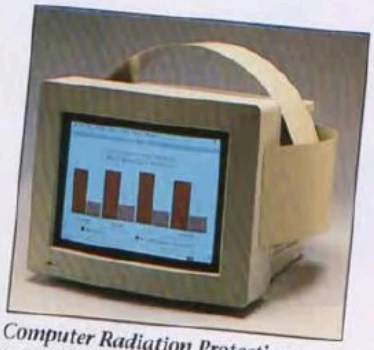

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What Is Tools For Exploration?

How We Got Started

In 1988, Terry and Leslie Patten published the book *Biocircuits*. They founded Tools For Exploration the same year to build and sell these otherwise hard-to-find products. The early customers shared their excitement about other new tools for growth, and in response, the first Tools For Exploration catalog was published in 1989. The home-based business has expanded to a modest office in San Rafael, California and now employs 12 full- and part-time people.

What We Do

Tools For Exploration distributes over 1000 unique products throughout the U.S. and worldwide. Most of these products are unusual and hard to find, but some are widely known. We also manufacture BioCircuit™ products. Our clientele consists primarily of individuals. However, we are rapidly expanding our distribution to retail stores and practitioners. Our catalogs are our only "store."

Our Purpose

We think of ourselves as a complete source of the most advanced, most interesting and most valuable tools available for people who are, in various ways, exploring the full potential of their brains, their minds, their bodies and their life-energy. Thus, we support and respect our customers as "explorers." We respect the importance of our customers consulting professionals, particularly medical doctors, but we also take pride in serving people as they take more responsibility for their own growth and well-being, not merely being dependent on authorities.

Our Commitment

We care about our relationship with each individual we serve. We believe in the value of the products we sell. We try to bring those commitments together to provide a kind of service that was never available until our company came into being.

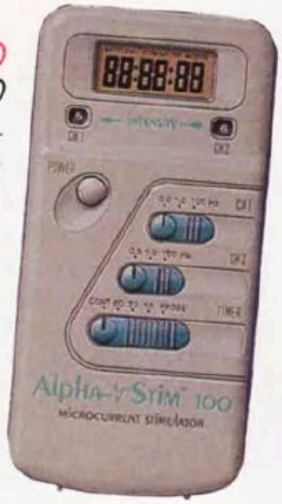
Our Guarantees

Low-Price Guarantee: If you see any product you buy from us advertised at a lower price within 30 days of your purchase, send us the ad with your invoice. We'll refund you the difference!

Satisfaction Guarantee: If for any reason you are not satisfied with a purchase, return it in like-new condition within 30 days. We will refund your purchase price (minus a 15% processing charge) or apply a credit towards another purchase. Books, audio and video tapes, computer software, foods, and custom-made products are not returnable unless defective or otherwise noted. Return any defective merchandise for a prompt replacement.

Some of the New Products You'll Find Inside . . .

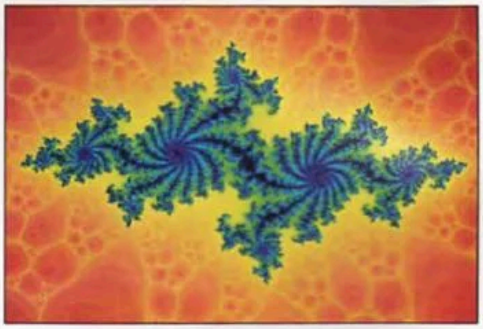
The Alpha Stim 100 – Page 50



Electro-Medicine at its best — an innovative approach to pain, insomnia, anxiety and depression. This brand-new model is even more attractive, more versatile and easier to control than its excellent predecessor — and it's less expensive!

(NE112) $559.95

New Tapes and CDs, including Sounds from the Tamas Laboratorium – Page 26



A new type of sound allows you to visit worlds you may have never seen before, but where you'll feel right at home. Take a look at some exciting additions we have made to the world's most complete selection of mind-altering audiocassettes.

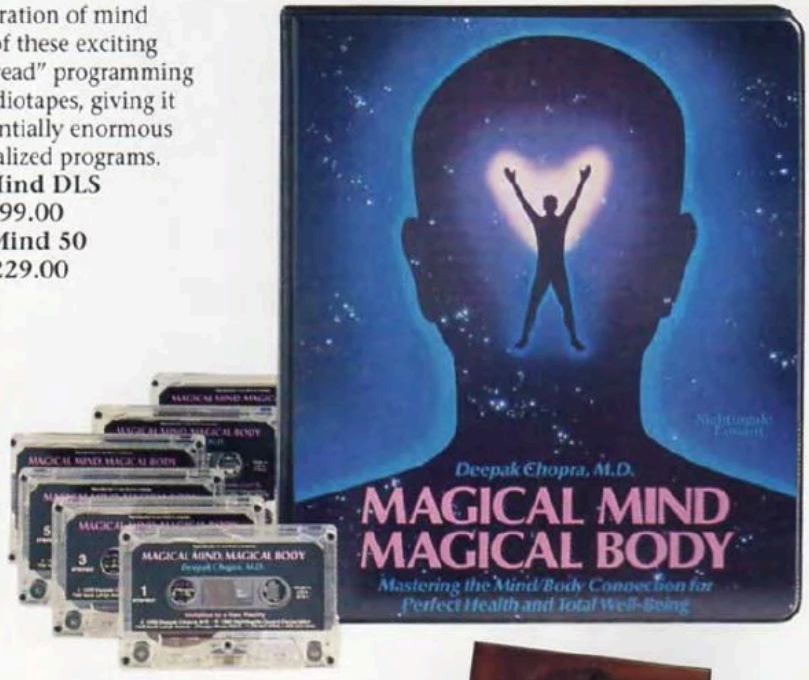
Tapes from The Tamas Labs sound somewhere between "new age" music and "computer" music, but they're completely unique. *See page 26* to find out how these deeply mind-expanding, haunting soundscapes were created.

Also, note "Magic Music" from France *(page 28)* and much more.

The MasterMind DLS and The MasterMind 50 – Page 46

Meet a new generation of mind machines. One of these exciting new units can "read" programming signals from audiotapes, giving it access to a potentially enormous supply of specialized programs.

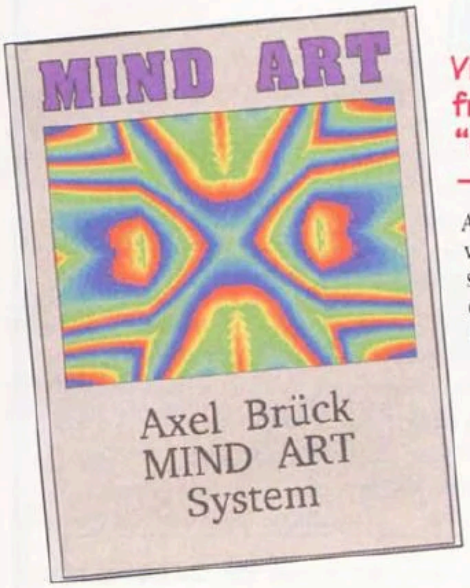
The MasterMind DLS
(NM120) $299.00
The MasterMind 50
(NM121) $229.00



An Inspiring Vision of Radiant Health from Dr. Deepak Chopra – Page 8

"Your mind is not only in your brain, but in every cell of your body." Dr. Deepak Chopra uses research from the cutting edge of medical science and quantum physics to prove his point.

Also New! — tapes and books from other inspiring teachers and healers such as Dr. Norman Shealy *(page 9)*, Dr. Bernie Siegel *(page 9)*, Tony Robbins *(page 10)*, Dr. Ken Dychtwald *(page 10)*, Dr. Gerald Jampolsky *(page 10)*, Jose Silva *(page 10)*, Dr. Shad Helmstetter *(page 27)*, and Dr. Eugene Gendlin, creator of Focusing *(page 18)*.

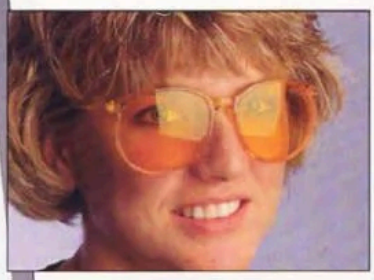


Videos and Software from Axel Brück's "Mind Art" System – *Page 72*

Axel Brück's revolutionary videos and software use colors, sounds, shapes, and rhythmic changes to alter consciousness in ways previously unheard-of outside of Germany!

The Bioelectric Shield – *Page 72*

A guardian for your energy field. "Extremely pure" plus very attractive.
(EB001) $95.00



"Color Therapy" Eyewear – *Page 72*

These impact-resistant color glasses change the color of your whole world. Nothing more dramatically expresses your energy and appearance than vivid colors — and nothing affects you quite the same way either!
Set of 7 colored glasses (LC001) $79.00

Brightly Colored Bulbs, Plus the "Infinity Lamp" – *Page 55*

New Pure spectrum light bulbs create enchanting indoor environments with all-natural pigments. Great for massage, chromotherapy, meditation, or to create a unique and unforgettable ambience.

A NEW ART FORM: THE SOUNDS PLAY YOU

In the summer of 1859, the composer Louis Moreau Gottshalk moved a piano onto the terrace of his house in the jungles of Guadalupe and there, every evening, played wonderful music for — as he said — **"myself alone."**

There is something incredibly romantic about churning out symphonies in the middle of the rain forest, and, as Gottshalk himself acknowledged, something intensely profound and pleasurable. On those blue tropical nights, Louis Moreau **became** music: both creator and solitary listener, he was pure, triumphant sound.

Becoming the Experience

We'd like to introduce you to a different kind of music — to twentieth-century, technologically sophisticated harmonies that are not, after all, so very far removed from Louis Moreau's arpeggios. Listening to this new music can be a subtle and joyous experience, one in which you are more than a listener.

These audiocassettes and CDs have been designed to be effective not on an intellectual level but on the rich, varied, and intensely complex level of consciousness itself. You become, in effect, the instrument on which the sound is played. Each harmonic shift is a shift in consciousness, each full chord a rousing or deepening of awareness.

And like the great music of the past, these tapes and CDs can be transforming. You might not find yourself humming the tunes in the shower, but you may notice changes in your moods, your behavior, your general sense of well-being, and how you feel about yourself.

With a Purpose in Mind

The uses to which the new music can be put range from the playful to the sublime — from overcoming insomnia to unleashing creativity and exploring spirituality. This "music" does not flow from a musician's pen, but from the insights of psychologists, hypnotherapists, and other enlightened healers.

Combining highly sophisticated techniques like sonic brain-entrainment with the latest neuroscientific advances, these "different drummers" have created what is indeed a new art form. Welcome to the twentieth century, Louis Moreau.

So as not to leave you entirely on your own, in each category of tapes and CDs we have marked one or more titles with this symbol ★ to indicate that it is an excellent way to "taste" the family of tapes to which it belongs.

Tapes and CDs can be found on pages 7-28, 33, 36, 42-43, 45, 51, 54 & 76

	Music	Voice	Nature Sounds	Mind-Altering Sounds	Guided Imagery	Hypnotic Technique	Subliminal or Whisper	Seminar/Lecture	Headphones Only
Academy for Guided Imagery....16		✗			✗			✗	
Acoustic Brain Research Tapes....7	*	*	*	*	*	*	*		*
The Advanced Self....25	✗	✗	✗		✗	✗			
Alphasonics Subliminals....21			✗				✗		E
Angelic Music by Iasos....25	✗								
The Awakened Mind, by Anna Wise....36	✗	✗		✗	✗	✗			E
Behavioral Software....27	✗	✗							
Brainspeak Subliminals....24			✗	✗			✗		B
Brain Sync Tapes....20	✗			✗					✗
Brother Charles Meditation Tapes....76	✗	✗	✗	✗		✗			E
Dr. Thomas Budzynski....36		✗		✗	✗	✗	✗		✗
Changeworks Tapes....14	✗	✗			✗	✗			✗
Deepak Chopra, M.D....8		✗						✗	
Dr. Ken Dychtwald....10		✗			✗			✗	
The End Meditation Tapes....19		✗	✗	✗				✗	B
Focusing with Dr. Eugene Gendlin....18		✗			✗	✗		✗	
Steven Halpern....25	✗			✗					E
Harmonic Brainwave Synergy....25	✗			✗					✗
Heart Zones....25	✗			✗					
Hemisphonics: *See* Whole Brain Sumliminals									
Hypno-Peripheral Processing Tapes....13	✗	✗		✗	✗	✗			✗
IQ Power Learning Tapes....42-43		✗			✗	✗			
Dr. Gerald Jampolsky....10		✗						✗	

Please note:

- ★ *Each ABR tape is unique. Individual tapes may fall into any number of the categories listed above except Seminar/Lecture.*
- B *Each set includes both ambient and headphones-only recordings.*
- E *Results enhanced by headphone use.*

	Music	Voice	Nature Sounds	Mind-Altering Sounds	Guided Imagery	Hypnotic Technique	Subliminal or Whisper	Seminar/Lecture	Headphones Only
John-David Tape Sets....24		✗		✗	✗		✗	✗	B
Magic Island Relaxation for Kids....25	✗	✗	✗		✗	✗			
Magic Music....28	✗		✗	✗					✗
Marcey — Healing Music....19	✗			✗					
NASA Voyager....11			✗	✗					E
Neurosonics: Richard Bandler....12	✗	✗			✗	✗			E
Open Focus: Dr. Les Fehmi....36		✗			✗	✗			
Paraliminal Tapes....15	✗	✗			✗	✗			✗
PSI Tapes....11			✗	✗					E
Tony Robbins....10		✗						✗	
Self-Talk Tapes....27	✗	✗							
Bernie Siegel, M.D....9		✗						✗	
Dr. Norman Shealy....9	✗	✗	✗		✗	✗		✗	
Silva Method Tape Set....10		✗				✗		✗	
The Swirl....25				✗					✗
Tamas Laboratorium....26	✗		✗	✗					
Dr. Jeffrey Thompson....11	✗		✗	✗					E
Tomatis Method Tapes....21	✗	✗		✗				✗	
Transforming the Addictive Process....25	✗	✗	✗	✗	✗	✗			✗
Whole-Brain "Hemisphonics" Subliminals....23	✗		✗				✗		E
Zygon: Ultra-Meditation....22			✗	✗					✗
Zygon Mind Development Library....22			✗	✗			✗		B

TO ORDER CALL 1-800-456-9887

"I Never Thought a Tape Could Create Such Powerful Effects"

ACOUSTIC BRAIN RESEARCH

People keep telling us how much they love Tom Kenyon's powerful, innovative, meticulously produced tapes. On them you hear a rich combination of psycho-acoustic techniques, with music, words and sound patterns "tuned" to stimulate the mind in precisely designed ways — ranging from states of profound relaxation and emotional openness to deeply intuitive "twilight" states, to energetic mental clarity and brightness.

ABR

- Independent university studies confirm these tapes' value
- "From the Heart" — These tapes communicate an enlightened spirit that helps "heal" the soul while they stimulate the mind
- Audio techniques: music and sound patterns, beat frequencies, subliminal and audible suggestions, guided visualizations, transformational metaphors

Tape Sets:

Inspired: High Genius and Creativity
Tap insights to specific problems, easily enter meditation, enhance visualization and creative dreaming. Guided participatory exercises using visual imagery and sophisticated archetypal psychology help you tap hidden creative powers and boost mental functioning. Will be $149.95 effective March 1, 1993.
4-tape set (TA302) Introductory Price $99.95

★ **R&R**
If you need more rest, here's a 22-minute fantasy vacation through the brain waves, along with the revolutionary 24-Minute Nap (see Other Single Tapes).
2-tape set (TA303) $39.95

Mind Gymnastiks
Hailed by researchers, professionals and lay persons alike as the most innovative and powerful tool for enhancing mental abilities. Six tapes designed for improved mental function and performance. Users report increased creativity, speed of processing information, perceptual clarity and confidence.
6-tape set (TA301) $149.95

★ **Psychoimmunology**
This 3-tape set is ABR's most acclaimed and universally-loved title, using multiple techniques to increase your feeling of well-being and to support you in creating "healing" experiences for mind and soul. Includes the memorable "Body Radiant" tape that helps direct energy to all parts of your being.
3-tape set (TA201) $59.95

Acoustic Supported Learning
Play at low volume while working or studying. Relaxing music, tones and subliminal metaphors help you learn to increase performance, retention, motivation and ease of learning, and decrease stress and anxiety often associated with learning situations.
3-tape set (TA212) $59.95

> *"The simplest and most powerful tools I have found. The tapes by ABR have just about every effect I have ever obtained with meditation, yoga and brain expanding machines costing $7,000 or more."*
>
> *— Robert Anton Wilson*

★ **Freedom to Be**
Make healthier decisions and feel better. Intricate music interwoven with audible and subliminal metaphors enables the listener to receive messages of self-esteem and to eliminate self-sabotage and "emotional overwhelm."
2-tape set (TA202) $39.95

Single Tapes $12.95 each:

Earth Meditation
This tape guides the listener into communication with the Earth as a conscious living being. A portion of the profits go to various environmental causes. (TA222)

Homage to Sol
Guitar, flute and cello at 60 beats per minute puts you in a pleasurable, receptive state. (TA210)

Sound Meditations
Soar to Pythagorean (pure tone) and Mongolian chanting, crystal and Tibetan bowls and bells. (TA206)

Single Tapes $19.95 each:

Ideal Body Image
Reprogram your subconscious mind to form healthy new relationships with food and exercise. (TA305)

★ **Creative Imagineering**
Documented in an independent study to help attain measurable increases in IQ! Enhances visualization skills, creativity, and language abilities. (TA221)

Transformation Now
This tape helps release locked emotions and facilitates change and personal growth. (TA207)

★ **Wave Form**
A soothing "brain massage" for a deeply relaxed "theta" state to help you manage stress and heal emotional pain. (TA203)

Movement with Brain Sync
Music intertwines with sounds of birds, ocean and whales to support emotional clearing. (TA204)

Emerging Self
Parts of ourselves get buried; recover them with this evocative tape. (TA208)

Creativity and Intuition
Complex cross-lateral tonal matrices with metaphors to open supernormal talents. (TA205)

Healing the Child Within
The world is a magical place seen through a child's eyes. Heal and be happy by bonding with the child in you. (TA213)

Other Single Tapes

Singing Crystal Bowls
Play on your stereo to vibrate your energy centers. Must be felt to be believed.
(TA211) $14.95

★ **The 24 Minute Nap**
Refresh yourself in just 24 minutes! This tape gently paces the brain into deep rest, for those suffering sleep-deprivation, jet lag or fatigue.
(TA304) $25.95

OR USE ORDER FORM ON PAGE 75

Magical Mind, Magical Body:
Mastering the Mind/Body Connection for Perfect Health and Total Well-Being

"Your mind is not only in your brain, but in every cell of your body." Dr. Deepak Chopra uses research from the cutting edge of medical science and quantum physics to prove his point.

By changing your thoughts, you can actually help change your body — for the better! Then, in turn, your "new" body can act on your mind to increase health, and reinforce a degree of self-realization and personal development that you never thought possible.

With Chopra's insights and assistance, you'll learn how to take control of your own well-being. You'll discover new ways to reduce stress and improve the quality of your sleep.

On these tapes you'll hear Deepak Chopra prove what many great medical thinkers have long believed — that human thought and proper mental and spiritual practices have the power to dramatically benefit our physical health and the quality of our lives.

6 cassettes & study guide
(TC201) $59.95

The Higher Self:
The Magic of Inner and Outer Fulfillment

This program builds on *Magical Mind, Magical Body*, showing how to create not only better health, but also a dynamically creative, deeply fulfilled life in which you choose your reality.

"The higher self is the real you," says Dr. Chopra, "naturally boundless, intelligent, and completely free." Discover it and you'll learn that you possess an innate power to renew your life at every moment, and you'll discover the freedom that comes with "being able to make the right choices while never having to make a choice."

It's an inspiring message, and yet Chopra helps make it natural and obvious. He gently encourages you to realize that it takes no effort at all to align your mind and body to become one with the universe.

6 cassettes & chart
(TC202) $59.95
Both tapes — Magical Mind, Magical Body & The Higher Self — a $119.90 value
(TC204) only $109.95

NEW!

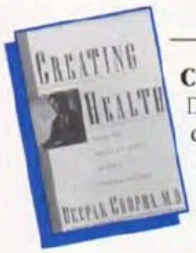
About Deepak Chopra, M.D.

Deepak Chopra is a man worth meeting — clear, articulate, and deeply sincere. His own remarkable story is a journey from a traditional Hindu childhood in India to training as an M.D. and an endocrinologist in the United States, eventually becoming Chief of Staff of New England Memorial Hospital. Today he is one of the most recognized experts on traditional Indian Ayurvedic Medicine.

I first encountered Dr. Chopra as a little-known scientific spokesman for Transcendental Meditation. Over the past ten years, he has become a popular author and speaker, and his books have become bestsellers in their field.

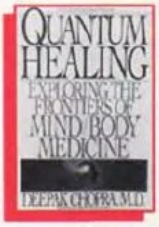
Why? Chopra understands how health and healing relate to spirituality, and he gets it across so lucidly, so personally, that he really connects with others. You'll enjoy this gifted, humble and wise communicator.

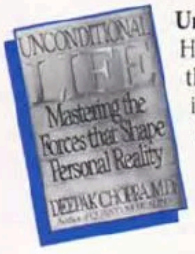
Books by Deepak Chopra



Creating Health: How to Wake Up the Body's Intelligence
Dr. Chopra examines ill health, discussing conditions ranging from cancer to chronic fatigue, gastrointestinal disorders to insomnia. Then he considers the biochemical connections between mind and body and the ancient wisdom of Ayurveda, recommending a sane and spiritually-uplifting approach to living.
Paperback 224pp **(BC001) $8.95**

Quantum Healing: Exploring the Frontiers of Mind/Body Medicine
Dr. Chopra brings together current Western medical and scientific research with the insights of Ayurvedic theory to show that the human body is controlled by a "network of intelligence" that can serve as a powerful ally against cancer, heart disease, and even aging. Paperback 278pp
(BC002) $10.00





Unconditional Life: Mastering the Forces that Shape Personal Reality
Here Dr. Chopra explores the healing of the emotions and spirit. His thesis is that our perception creates our experience and that our so-called "material reality" can be radically altered by changing the world within. Paperback 277pp
(BC003) $12.00

All 3 Deepak Chopra Books — a $30.95 value (BC004) only $24.95

Weight Loss –
The Complete Mind/Body Approach

Here Deepak Chopra shows how you can develop your innate physical and mental abilities to take pounds off and keep them off (and this is key) *effortlessly* and *naturally*.

He doesn't recommend obsessively counting calories or strictly adhering to a stringent diet. He helps you get in tune with your body's needs, so you can correct the imbalances that may be at the root of your weight problems. He helps you discover which body type you are — so you can determine what kinds of foods to eat and what kinds to avoid. And he teaches you how to use your mind's natural ability to help boost your metabolism, thus increasing the rate at which calories are burned.

4 cassettes & 58-page workbook
(TC203) $49.95

TO ORDER CALL 1-800-456-9887

NEW!

About Dr. Norman Shealy

For over 25 years, Norman Shealy, M.D., Ph.D., a neurologist, researcher, author and teacher, has been a brilliant and influential innovator in the fields of pain and stress management. With impeccable credentials, he is well-known and respected among members of the medical establishment, yet he has been a brave and articulate champion of holistic approaches to health and healing, even during times when these views were nearly unheard-of in medical circles.

Dr. Shealy has authored eight books and over 100 articles, and given hundreds of lectures and workshops. He is also the creator of several revolutionary technologies, including TENS (Transcutaneous Electrical Nerve Stimulation), the Biogenics® self-regulation technique (featured on his audiotapes), and the Shealy Relaxmate system *(see page 44)*.

90 Days to Self-Health
Here Dr. Shealy sets forth his Biogenics system and describes a step-by-step program for mind and body harmony including self-regulation, diet, vitamins, and exercise. Paperback 175pp
(BX002) $8.95

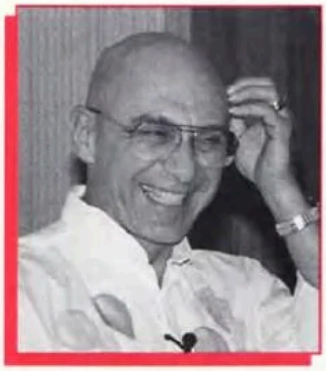
Biogenics® for Developing the Will
Will is the force that enables us to attain anything we value in life. Here, Dr. Shealy uses the power of Biogenics to help liberate the power of your basic will to live, help activate your internal will, and guide you toward what he calls Transcendent Will, or "the will of the soul." Includes a full introduction to Biogenics and relaxation/meditation. **3 cassettes (TS402) $24.95**

★**Biogenics® for Personal Growth and Healing**
Use the first three tapes to learn to use the Biogenics System to enhance your self-esteem, balance your emotions, resolve long-standing feelings of anger, and to empower yourself with compassion and enjoyment of life. The last two tapes can help you learn to speed your own physical healing, reduce your experience of pain, relax, and boost your overall well-being. These five tapes represent a comprehensive introduction to the life-changing power of Dr. Shealy's Biogenics System of self-regulation.
5 cassettes. (TS401) $49.00

The Complete Biogenics Program
90 Days to Self-Health, Biogenics for Developing the Will, and Biogenics for Personal Growth and Healing – $82.90 value (TS404), only $74.95

Breaking Through Illness
With Caroline Myss, Dr. Shealy has created a complete self-healing program for anyone experiencing illness, stress, or a major health or life crisis. **3 cassettes, cassette album & guidebook (TS403) $29.95**

Creation of Health
Dr. Shealy's most recent book explores the emerging path of health in the 21st century from the perspective of how emotional, psychological and spiritual stresses create physical disease and why understanding health and disease from a body-mind-spirit point of view is now essential. Co-authored by Caroline Myss. Hardbound 435pp **(BX001) $19.95**

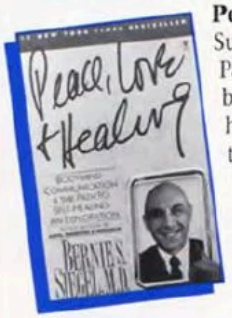


From Dr. Bernie Siegel

Humor and Healing
On this tape, you'll hear Dr. Bernie Siegel's talk about the healing power of love and laughter. A life-affirming house-call about living — and fully enjoying — your life in the present. 90 minutes.
Cassette (TS501) $12.95

Life, Hope & Healing
In this inspiring six-tape program, Bernie Siegel, "the surgeon of the heart," shares with you the life-sustaining philosophies of those who have survived and conquered life-threatening illnesses. He helps cultivate hope without suppressing emotions. He offers you ways to get in touch with the "inner you," including healing meditations and exercises to help you transform your relationship to health, illness and *life*.
6 cassettes & binder (TS502) $49.95

Love, Medicine & Miracles
A bestselling book — the warm, stirring exploration of "extraordinary" patients with "terminal" diseases, and their innate capacity for self-healing. *"One of the most wonderful books I have ever read."* — Karl Menninger, M.D. *"I thank God for Bernie and his book."* — O. Carl Simonton, M.D. Paperback 242pp
(BX101) $11.00



Peace, Love & Healing
Subtitled "Bodymind Communication & the Path to Self-Healing: An Exploration," this book deepens Bernie Siegel's inquiry into self-healing, an ability we all possess that has been too long neglected by medicine. Here he helps us to use *all* our options and explains why love is physiological. Paperback 290pp
(BX102) $12.00

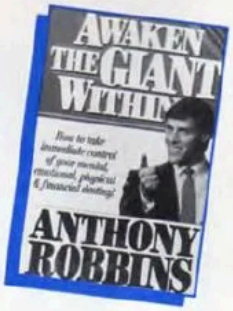
The Complete Bernie Siegel
Love, Medicine & Miracles
Peace, Love & Healing
Humor & Healing
Life, Hope & Healing
All four – an $85.90 value (TS503), only $79.95

About Tony Robbins

Tony Robbins is everywhere! — on TV, in bookstores, in seminars. He's dynamic, full of energy and enthusiasm, articulate, insightful, and driving hard to make maximum impact on (it seems) the entire world.

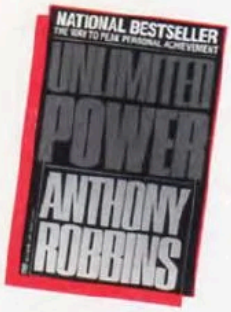
Even though I've at times been taken aback by his intensity, I thoroughly enjoy and respect Tony Robbins. He has infused his teaching of NLP (NeuroLinguistic Programming) principles with a "no-holds-barred" commitment to change and success that have had a big impact on thousands of people's lives.

Awaken the Giant Within



Tony Robbins' most recent book on how to take immediate control of your mental, emotional, physical, and financial destiny. How to achieve what you really want from your life. Hardbound 531pp

(BR002) $22.00 NEW!



Unlimited Power – *The Book*

In this, his first bestselling book, Tony Robbins teaches the specific NLP methods he's used to transformed his life. Learn to "do, have, and be exactly what you wish." Paperback 419pp

(BR001) $12.00

Unlimited Power – *The Audiocassettes*

Meet Tony Robbins in person, and feel his inspiring commitment to your power to change your life, plus his insights into how you can liberate that power, starting *now*.

On this 6-tape set he shows you how to put yourself in a positive state of mind, overcome your limitations, duplicate the attributes of those you admire, choose your goals, and turn them into realities as you create the future you desire.

6 cassettes in binder (TR001) $59.95

Anxiety Into Energy

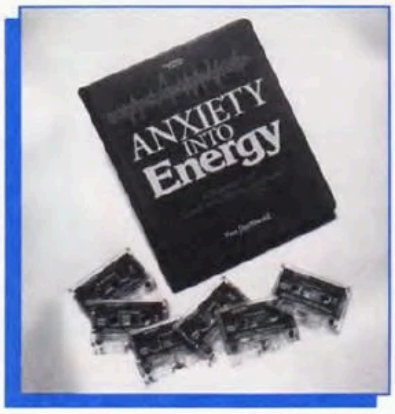
By Dr. Ken Dychtwald

Ken Dychtwald conducted an in-depth study of why people's bodies break down as they grow older. His conclusion? Stress is killing us before our time.

Stress leads to migraines, hypertension, ulcers, heart attack and strokes. Stress ages our bodies and our minds. But stress is not inherent in modern living, says Dychtwald: *Harmful stress comes from how we respond to challenges.*

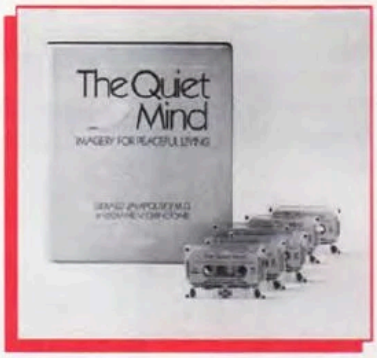
Here he concentrates on transforming our response to challenges, converting stress into positive action, helping build your commitment to prolonging a healthy life instead of making yourself sick.

6 cassettes (TD001) $59.95



The Quiet Mind: Imagery for Peaceful Living

By Dr. Gerald Jampolsky and Diane Cirincione



Gerald Jampolsky, author of the bestseller *Love Is Letting Go of Fear*, and Diane Cirincione have created a gracious antidote to the hectic pace of contemporary living.

Through meditations, imagery and exercises, these tapes help you connect with the calm, still center within you. From this place, decisions can be made from a position of serenity, forgiveness is natural, and clear perspective is attained.

Includes meditations for starting and ending the day, letting go of guilt and anger, resolving conflicts, and enhancing creativity.

6 cassettes in binder (TJ001) $49.95

The Silva Method: Tapping the Secrets of the Mind for Total Self-Mastery

By Robert B. Stone, Ph.D.

An important progenitor of many of the technologies you see in this catalog! Since the late '60s the Silva Method has taught people to enter deep alpha/theta states and liberate intuitive powers they never knew they had. The Silva Method can be applied to improve memory, learning, problem solving, stress reduction, and ESP abilities.

Longtime Silva expert Robert Stone lectures on the theory of the Silva Method and how to use it; and Jose and Laura Silva take you through a step-by-step program of exercises and guided visualizations.

6 cassettes (TS601) $59.95

TO ORDER CALL 1-800-456-9887

Mind-Expanding Sounds & Music

BRAIN/MIND RESEARCH

Brain/Mind Research (BMR) combines the talents of Dr. Jeffrey Thompson, Richard Stamper and Ed Smith to produce the innovative musical audio tapes of Jeffrey Thompson, NASA Voyager recordings from space, and the Psycho-Sensory Integration (PSI) Tape Series.

For over 10 years BMR has researched the use of sound to influence self-improvement and relaxation states, resulting in many unique techniques. For instance, BMR has designed a 12-point delivery system for building pulse rate frequencies into every sound on a tape. They use an electronic 3-D sound processor which can place sound in any position in 3-D space as well as a patented 3-D microphone system.

BMR audiotapes are top quality audiophile recordings. Each tape is digitally produced, recorded directly to highest quality audio magnetic tape stock. Some tapes are recorded *on one side only* to avoid unwanted "crosstalk."

Dr. Jeffrey Thompson

How did we find out about Jeffrey Thompson's tapes? The proprietor of our local brain fitness center told us, "It's a damn good brain machine for $12.98" — and we got *The Egg of Time*. Everybody loved it.

Dr. Jeffrey Thompson is a trailblazer — both an original creative artist and important sound researcher. His work involves the use of **primordial sounds** — sounds recognized by the deep subconscious and capable of triggering profound responses. These tapes combine intriguing music with brainwave frequency patterns and primordial sounds (water, heartbeats, dolphin clicks, planetary sounds, and sacred instruments from Tibet and Japan) to enhance subconscious change, insight, relaxation and the feeling of energy.

- Advanced sounds and production techniques create effects that can go directly to your subconscious
- Audio techniques: Music, frequency patterns, primordial sounds, and your exclusive source for NASA's recordings of otherworldly sounds

★ **The Isle of Sky** Thompson's original musical creation; a longtime favorite. **Cassette (TT501) $12.98, CD (TT501CD) $15.98**

★ **The Egg of Time** This widely-acclaimed "hit" title uses multiple-level frequencies and relaxing music for meditation or relaxation. **Cassette (TT502) $12.98, CD (TT502CD) $15.98**

Child of a Dream Created for renowned author Louise Hay, this tape combines affirmations with sounds to teach you to heal your whole life — body, mind, and spirit, starting with the child within you. **Cassette (TT503) $12.98, CD (TT503CD) $15.98**

Windows Dr. Thompson and Victor Zirak resonate your consciousness into a synchronous mind-link experience.
Cassette (TT504) $12.98, CD (TT504CD) $15.98

Dolphin Touch By Dr. Thompson and Ilizabeth Fortune (who conducts dolphin swim encounters for healing). Ocean, dolphins, children, voices, and frequency patterns combine to produce the experience of traveling back into your own deep primordial sea.
Cassette (TT505) $12.98, CD (TT505CD) $15.98

All five cassettes $64.90 value (TT520) $54.95
All five CDs $79.90 value (TT520CD) $69.95

NASA Voyager Space Tapes

Richard Stamper was the first to recognize the profound resonances of the electromagnetic vibrational patterns recorded by the NASA Voyager I & II space probes as they passed the outer planets of our solar system. Played through speakers, these electromagnetic vibrations form haunting 3-D "soundscapes" reminiscent of human singing, Tibetan bowls, wind, waves, birds, nighttime insects and dolphins, and produce a deeply consciousness-expanding, out-of-this-world experience. According to Jeffrey Thompson, how these tapes make you feel is more important than how they sound.

- A unique opportunity to hear the haunting sounds of space

Voice of Earth I
The wildest planet of them all.
Cassette (TT507) $12.98, CD (TT507CD) $15.98

★ **Saturn's Rings**
Cassette (TT508) $12.98, CD (TT508CD) $15.98

Space Sounds Music
Music created by Jeffrey Thompson in which each "instrument" sound is the recording of a space sound compressed to its fundamental harmonic frequency.
Cassette (TT506) $12.98, CD (TT506CD) $15.98

★ **Space Sounds Set I**
Saturn's Rings, Miranda, Uranus, Sphere of Io.
4 Cassettes (TT550) $49.98, 4 CDs (TT550CD) $63.90

Space Sounds Set II
Neptune, Jupiter, Rings of Uranus and Song of Earth.
4 Cassettes (TT551) $49.98, 4 CDs (TT551CD) $63.90

Psycho-Sensory Integration

PSI TAPES

These are Brain/Mind Research's most technically advanced tapes, incorporating all the technologies of Jeffrey Thompson's music tapes, the primordial sounds of outer space, and many cutting-edge signal-processing techniques.

Each 30-minute soundtrack was created for the practicing professional, employing multiple sound pulse frequencies in *every sound you hear* to enhance deep relaxation and meditation, or to create an optimal environment for therapeutic interaction.

Each tape sounds like unearthly "nature sounds" but with a unique character, mood, and feeling, much like a piece of music.
PSI Series I (2 cassettes) (TT540) $39.95
PSI Series II (2 cassettes) (TT541) $39.95
PSI Series III (2 cassettes) (TT542) $39.95

OR USE ORDER FORM ON PAGE 75

Neurosonics

RICHARD BANDLER

"NLP could be the most important synthesis of knowledge about human communication to emerge." — Science Digest

These Brilliantly Imaginative Audio Journeys Can Help You Activate Powerful Inner Resources and Rediscover Your Passion for Living

Richard Bandler, Ph.D., is the co-creator of Neuro-Linguistic Programming™, the science of how to create change in the conscious and other-than-conscious mind.

Since creating NLP, Bandler's creativity has moved onward on two major fronts. The first is his advanced developments of the technologies embodied in NLP, which he calls "Design Human Engineering." The second is "Neurosonics," which adds sounds and music to the vocabulary through which he helps the listener learn to mobilize all the positive resources of his or her neurology.

Neurosonics tapes were first produced in late 1990 when Dr. Bandler joined forces with another creative genius, Denver Clay. Bandler's new Neurosonics audiotapes combine the technologies of NLP, Design Human Engineering and Neurosonics to bring about revolutionary changes in the listener.

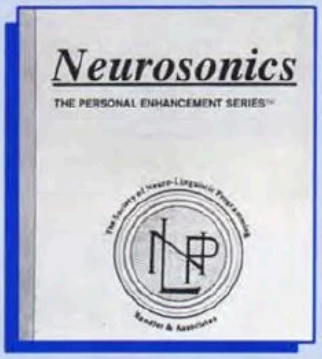
Although each tape is different, they all will surround you with music, sounds, and voices — all designed to affect your future in a way that has never been done before. It is a revolutionary chemistry with a unique sound, described by Bandler himself as "new-age rap music." It combines Dr. Bandler's skills in hypnotic communication with his unsurpassed knowledge and experience of how humans learn and change and his and Denver Clay's artistry as musicians and composers.

Bandler is a compelling and unique vocalist. As a gravel-voiced rock singer, entertainer and showman and at the same time an astoundingly skilled and learned Ph.D. psychologist, he demonstrates his uncanny grasp of internal processes with warmth and delicacy. Listening to these tapes can be a dynamic, supercharging experience.

*The Personal Enhancement Series

"Neurosonics is an incredibly effective and enjoyable way to access more of the true potential of your brain." — Anthony Robbins

Six tapes that go beyond subliminals to improve your results in specific areas of your personal life: **Designing Your Destiny; Wealth Planning; Tenacious Resolve; Passion Enhancer; Dream Machine; and Life's Supercharger.** This tape set is not only the best introduction to Richard Bandler's new *Neurosonics* technology and "new-age rap music," but it is also a comprehensive program for supercharging your whole life for both practical success and deep personal happiness.
6 cassettes (TB401) $99.95



Neurosonics Mind-Body Tapes

Medicine Show I & II
On these tapes Bandler teaches you how to enter into any state you have ever experienced before. Your neurology can re-create a vast array of experiences. It's like gaining access to an infinite natural "apothecary." Tape One, *Welcome to Planet Earth,* is designed to induce a profound sense of well-being and of being at home and at peace with yourself. Tape Two, *Shining from the Inside Out,* is designed to capture the energy you feel when you are at your best and make it spread throughout your whole body and your whole life. (With Terry Cheslock and Paula Bandler.)
2 cassettes (TB402) $50.00

Melting Phobias
The systematic destruction of phobias has long been a pet project for Richard Bandler. His success in this area is unmatched by anyone. He now goes beyond the normal NLP techniques he developed in the '70s to the most advanced and subtle refinements of today. The principles can apply to most patterns of fear that everyone experiences. Demonstrate to yourself how easy it is to change, and how amazing your ability to learn can be.
(TB403) $30.00

Stepping Through Anxiety
This multi-vocal production uses hemispheric competition and brain resonance with music and the best NLP technologies to create a unique instruction on learning to move through stressful situations without feeling it or confronting it. Instead, you'll convert past stressful times into new opportunities to flow into new behaviors and feelings you will enjoy.
(TB404) $30.00

Convincing Comfort (Pain Control)
More than just a pain-control tape, this is a musical excursion into the realms of belief, health, and good body feelings. Learn to "sort" experiences, at an unconscious level, for health and pleasure.
(TB405) $30.00

Neurosonics Tapes for Fun, Pleasure, and Delight

Pleasureside Won Too
A new-age rap music excursion into the realm of pleasure. Learn to program it consciously and unconsciously to improve the degree, amount, frequency, and kinds of pleasure you feel in life. It's a shame that the everyday hustle of life leaves time to plan and work, but not time to feel the pleasures of life as often as we'd really like. Isn't it time your Pleasureside Won Too?
(TB406) $30.00

The Ecstasy Twins
Two powerful tapes which can teach you to go to new highs of vigor for living and to fill your mind and body with passion. "New-age rap" to the max.
2 cassettes (TB407) $50.00

Ferocious Resolve
A live performance, from the NLP Trainers Training 1990, in which Dr. Bandler uses his unique skills to instill *a will of steel and the eye of the eagle* in each listener. Build the attitude that leads to success in all things. Music, sound effects and multiple vocal induction make this tape an adventure in itself. (With Terry Cheslock.)
(TB408) $30.00

Wanton Motivation
The natural companion to *Ferocious Resolve,* this tape is about getting massive motivation to flow freely from pleasure, instead of driven out of stress. This evolutionary change tape is filled with wavestation vectors to help you progress from struggling through things to exploding beyond them. (With Terry Cheslock.)
(TB409) $30.00

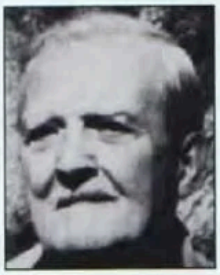
Allow up to 2-3 weeks extra for delivery of Neurosonics Tapes other than the Personal Enhancement Series

TO ORDER CALL 1-800-456-9887

Tapes For Change

A revolution has transformed Western hypnosis over the past 50 years. Earlier in this century, hypnosis had been pushed to the fringe of mainstream scientific circles, and was in danger of being relegated to the status of a vaudeville act and psychological curiosity. Today, it is widely accepted and ranks as one of the most dynamic fields in psychology. Contemporary practitioners can proudly claim that they possess profoundly powerful "technologies for personal change."

The Legacy of Dr. Milton H. Erickson



In this time the field has been transformed by a number of important innovators, but no single individual is more responsible for this transformation than Dr. Milton H. Erickson, the pioneering intuitive genius of modern hypnosis. However, "Ericksonian" Hypnosis is taught only to professionals. Neuro-Linguistic Programming (NLP), developed by Bandler and Grinder via Erickson's inspiration, is a complex system of specific subconscious communication techniques which can take years to master.

The audiocassette tapes on these pages put Erickson's magic within the reach of any interested consumer. They are produced by practicing professionals and educators who claim that using these tapes can teach people how to achieve major lasting positive changes in their lives with Ericksonian and NLP techniques for engineering subconscious changes.

Using Confusion to Our Advantage

The specific intention of these "dual induction" tapes is to teach Erickson's "confusion" technique which bypasses conscious resistance to transformative suggestions. Erickson himself didn't use dual inductions, which are only possible via tapes (or using two hypnotherapists!), but it has arisen among "Ericksonian" and NLP practitioners (who trace their

(Continued next page)

Magical Stories That Change Lives

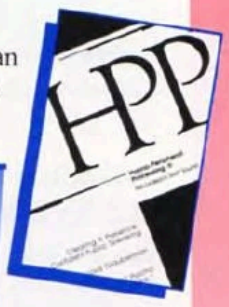
HPP: HYPNO-PERIPHERAL PROCESSING™

Everyone loves a fairy-tale, and the ones you hear from Dr. Lloyd Glauberman are *twice* as fantastic and full of far more surprises than any others you may have heard. Except you probably won't remember your incredible adventure! He tells you two stories simultaneously — one in each ear — and the best surprise in the stories may be the change you feel taking place in you. While you learn to relax to playfully mysterious musical sounds, he treats you to a double version of a timeless, myth-like saga about someone who leaves the stream of ordinary life for a fantastic adventure and returns *a changed person.*

I've tried hard to follow both stories, but never have I lasted more than about five minutes. Your conscious mind quickly learns to give up trying to make sense of the two messages, and you enter a trance for the duration of your listening experience. You emerge 30 minutes later to notice amazing changes in your feelings and behavior, all carefully "planted" in your subconscious. And you thought you were just hearing a story!

Dr. Glauberman originally developed these tapes for use with flotation tanks. He quickly realized that with nothing more elaborate than headphones, people can get profound results. These tapes have been evaluated by researchers such as Thomas Budzynski and Julian Isaacs, and their value has been confirmed time and again. They are one of the most powerful technologies available for teaching hard-to-entrain Theta brainwave states of consciousness. These painstakingly crafted tapes get strong enthusiastic responses from almost everyone who hears them!

The first seven (excellent) HPP tapes (the single tapes) were produced by Glauberman in tandem with Dr. Philip Halboth. Since then, Dr. Glauberman has produced double cassette albums by himself, incorporating continuing improvements in production values and subtlety.



- **Learn to effect profound changes in consciousness AND your behavior**
- **Adventure tales speak directly to the child within you**
- **Results substantiated by independent research**
- **Audio techniques: Two voices, music, transformational metaphors**

Double Cassette Albums: $40.00

★**Changing Emotions** (Tape One: Building Self-Esteem and Alleviating Anxiety. Tape Two: Coping with Anger and Lifting Depression) **(TH201)**

Procrastination (Tape One: Personal Power and Setting Priorities. Tape Two: Getting Started and Personal Power) **(TH202)**

Feeling Better (Tape One: Learning to Boost Your Immune System and Healing. Tape Two: Staying Healthy and Taking Charge of Your Life) **(TH203)**

★**The Quest for Excellence** (Tape One: Setting Goals and Confidence. Tape Two: Maximizing Performance and Handling Pressure) **(TH204)**

★**Personal Ecology:** The Complete Self-Esteem Program (Tape One: Self-Respect and Confidence. Tape Two: Assertiveness and Relationships) **(TH205)**

Inside/Outside: The Motivational Weight-Loss Program (Tape One: Motivation and Discipline. Tape Two: Lifestyle Changes and Exercise) **(TH206)**

HPP SPECIAL: Buy 3 tapes, get 1 free!

Individual Cassettes: $19.95 (with Philip Halboth, Ph.D.):

Relationships & Stress Management (TH101)

Stress Management & Healing (TH102)

Stress & Pain Management (TH103)

Self-Esteem & Assertiveness (TH104)

Weight Management & Substance Abuse (TH105)

★**Time Management & Creativity** (TH106)

Sexuality: Male & Female (TH107)

Single Cassettes: $19.95 (by Lloyd Glauberman)

★**Breaking Through Creative Blocks** (TH108)

Creating a Presence: Confident Public Speaking (TH109)

OR USE ORDER FORM ON PAGE 75

Awaken the Magical Resources Within You

THE CHANGEWORKS

Changeworks tapes have been called "the Rolls Royce of hypnosis training tapes." Most of them begin with a man's or woman's voice inviting you to take a break and get into a comfortable position. But soon you hear Tom Condon talking in one ear and Carol Erickson in the other, each pretty much talking about the same subject — trees, for instance, or a big nice house. You hear two animated, poetic monologues, spoken in a relaxing and intimate fashion, as though you are overhearing two people talking to a close friend about something they really enjoy considering. And they keep expanding on that conversation in amusing new ways all through the program. Except you dropped deep into a trance soon after they began. The next thing you knew the tape was over! But you're feeling more relaxed and confident, creative, intuitive, or maybe humorous.

The **Changeworks** tapes are packaged beautifully and priced very reasonably. Condon and Erickson have soothing, intriguing and soft conversations — listening to them feels *good*! And even if you fall asleep, you can learn to wake up in a positive state, feeling mysteriously connected to new resources.

- **Powerful yet gentle Ericksonian technique that respects you, the listener**
- **Internal participation awakens your latent power for positive change**
- **Packed with life-like details that maintain interest over repeated listenings**
- **Audio techniques: Two voices, music, audible suggestions, metaphorical environments, special effects**

Individual Cassettes: $12.95 each

★ **Natural Self-Confidence** This masterpiece takes you to a natural setting for experiencing new depths of confidence for power, self-esteem, and success. (TC101)

★ **Self-Hypnosis** Visit a magical place for fresh perspectives, setting goals, reducing stress, and creating positive changes. (TC102)

Easy Enhanced Learning (TC103)

Rapid Pain Control (TC104)

★ **Deep Sleep & Sweet Dreams** (TC105)

Quick Stress Busters (TC106)

Getting Past Smoking (TC107)

Sensible Weight Loss I & II (2 tapes: $25.90) (TC108)

"I find the Changeworks tapes exquisitely choreographed in both words and music. This allows the content to penetrate deeply. They are VERY effective."

— Virginia Satir

Tape Sets

The New Creativity Unlimited Series: Six cassettes to unlock your creative potential, get you through creative blocks, access high performance states, and find more vision for creative living. (TC602) **$59.95**

3 of the 6 tapes are sold individually for $12.95—

Humor Power! (TC621)

★ **Creative Problem Solving** (TC622)

Creative Inspiration (TC623)

★ **The Expanded Intuition Training Series:** Six cassettes for gaining fast, dependable access to your own intuitive wisdom. With this series, challenge the limits of the possible! (TC601) **$59.95**

3 of the 6 tapes are also sold individually for $12.95—

★ **Your Intuitive Guide** (TC611)

The Ultimate Library (TC612)

Opening Up to Intuition (TC613)

Changeworks Special: 3 tapes $36

Tapes For Change... (continued)

roots to Erickson), and it certainly fits his definition of his own technique:

". . . the presentation to the subjects of a series of seemingly but only loosely related ideas actually based upon a significant thread of continuity not readily recognized, leading to an increasing divergence of associations . . . all of which preclude subjects from developing any one train of association, yet stirs them increasingly to need to do something until they are ready to accept the first clear-cut definitive suggestion offered."

One (perhaps apocryphal) account credits the original inspiration for the dual-induction technique to Don Juan and Don Genaro, who changed the consciousness of Carlos Castaneda in one of his books by squatting on either side of him and talking in both of his ears simultaneously.

Whatever the original inspiration, each of these families of dual-induction tapes teach how to thwart the mind's attempt to follow the "sense" of what's spoken, working upon the subconscious mind by *bypassing* consciousness. To some extent they share a common language and represent a new area of technology. But each series is a unique creative attempt, expressing different areas of emphasis and excellence, a distinct personality and artistic style. All three of these series embody a great deal of technical accomplishment.

Hypno-Peripheral Processing

To produce his Hypno-Peripheral Processing (HPP) tapes (listed on p. 13) Dr. Lloyd Glauberman precisely coordinates the scripts spoken into the left and right ears so that they frequently *converge*, producing peripherally perceived suggestions which the subconscious mind learns to willingly accept. This painstaking process allows him to deliver about fifty unnoticed subconscious cues — the key to the HPP tapes' effectiveness. Something I appreciate: Dr. Glauberman gets right down to business with short introductions. His tapes work, and they suit my busy life.

It is difficult to compare and contrast individual titles among the HPP tapes, because when I listen to them I consistently go into trance. Glauberman himself is particularly proud of two double-cassette albums, **Personal Ecology** and **The Quest for Excellence**, both of which I like very much. There is something unique and enjoyable about the single cassettes, which feature Halboth in one ear and Glauberman in the other. **Time Management and Creativity** is one especially good selection.

(Continued next page)

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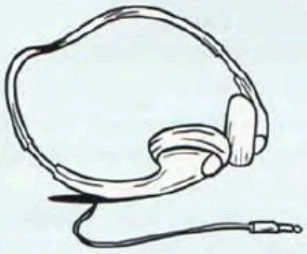
Tapes For Change... (continued)

Changeworks

Reflecting on the Changeworks series (described on p. 14) Tom Condon says he is not trying to tell stories but instead is working with "embedded metaphor" to build "environments which operate on as many levels as possible." I asked him about the widespread idea of "reprogramming the subconscious," and he objected that it "doesn't adequately address the complexity of human beings. Reprogramming requires permission on a variety of levels. It's not even advisable to cancel internal psychological programs and replace them with new ones on an audio tape. You don't know what place the program has in the ground of the person's life . . . On a tape you need to



offer enough levels of meaning, enough choices to allow for almost any contingency. You need to allow many optional ways to respond to the metaphors offered. The mind is not a computer."

The whole Changeworks series deserves to be explored. I can particularly recommend **Natural Self-Confidence** (it's a beautiful, multidimensional, technically exquisite achievement!) and **The Expanded Intuition Series.**

Paraliminals

The feeling of the Paraliminal tapes (described on p. 15) is unique; compared to the other tapes reviewed here, they're direct and to the point. The HPP tapes engender a journey that feels vast and more fantastic, and the Changeworks tape experiences feel more intense and multi-layered. The Paraliminal tapes, on the other hand, don't fool around; they make a relaxed, uncomplicated beeline toward their stated purpose. Scheele's approach is unique in another way also. The NLP exercises on the right track of the tape are usable separately from the left track: turn the balance knob all the way to the right and the tapes can be used to engender a behavior-changing NLP reframing exercise.

Which Paraliminal tapes are the best? It's a personal matter. I particularly enjoyed the unique, refreshing **10-Minute Supercharger** (It works!) and the excellent, rich **New Behavior Generator.** — *TP*

Masterful Whole-Brain Linguistics For Real Life Changes

PARALIMINAL TAPES

These are some of the most intelligent, carefully produced tapes we've seen. Many of America's most successful corporations use them to enhance the performance of their key executives. Paul R. Scheele, developer of Paraliminal Tapes, has university degrees in psychology, biology and adult learning. His tapes are based on the most advanced research in NLP, Whole Brain Linguistics, and hypnotic learning.

In most of his **Paraliminal Tapes**, Paul Scheele begins his lesson by offering a hypnotic induction to both ears. Soon, however, music begins, and a series of gentle, barely perceptible transitions eases you into the heart of the tape, where you are listening to two voices at once (both Scheele's). The right ear (which is linked to the brain's more linear left hemisphere) hears step-by-step hypnotic instruction, while the left ear (linked to the intuitive, spatially-oriented right hemisphere) hears a metaphorical story. The inspirational music "anchors" the messages. The two tracks reach different aspects of your being, and their combined effect is to move you wholly and strongly in the desired direction. At times the two tracks converge, the left voice finishing a sentence or an idea begun by the right, or vice-versa. Your subconscious lights up with the message!

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OR USE ORDER FORM ON PAGE 75

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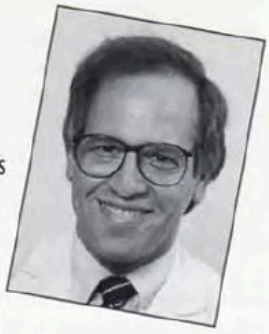
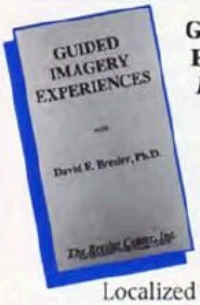
Imagery is one of the most powerful, yet least utilized healing resources available. Imagery can be helpful for almost any problem — from psychological problems such as depression and anxiety to medical problems like chronic pain, allergies, and even life-threatening illnesses. By imagining health, we naturally affect the neurochemistry of our bodies, thereby in many cases *creating* health.

The Academy for Guided Imagery teaches doctors, psychologists and other health professionals the practical skills that can evoke patients' inner potential for growth and healing. The following books and tapes were created by the Academy and its co-directors, Dr. Martin Rossman and Dr. David Bresler, as a way to make these powerful techniques available to individuals as well as practitioners.



Tapes



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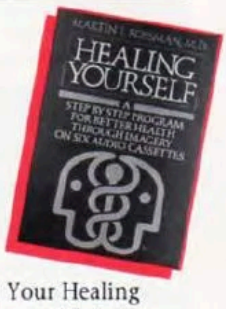

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Dr. Rossman's award-winning book features 9 specific imagery techniques for relaxation, stimulation of healing, and developing insight around issues of illness. Easy to read and to use, it has been widely praised by such authorities as Dean Ornish, M.D., Joan Borysenko, Ph.D., O. Carl Simonton, M.D., Dr. Norman Cousins, and Kenneth Pelletier, Ph.D. Paperback 220pp
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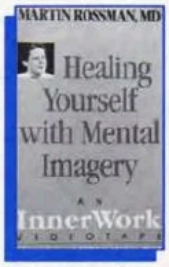
Video



Healing Yourself with Mental Imagery
By Martin Rossman, M.D.

Here Dr. Rossman discusses how mental imagery can be a valuable adjunct to traditional medicine. He discusses how imagery offers an opportunity for patients to discover the emotional stories behind their symptoms. Actively, imagery can be used to mobilize the body's healing resources to alleviate symptoms. Imagery can be used to dialogue with one's symptoms and to interact with an "inner advisor" who can provide personal health guidance. 90 minutes
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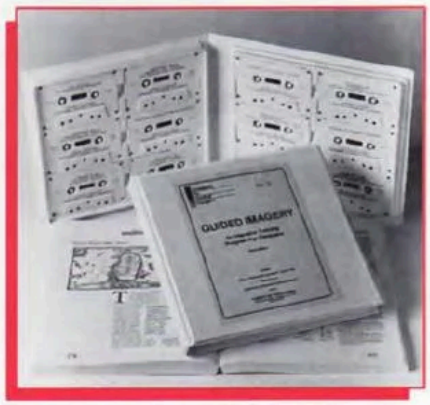

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It's nearly sunset when you finally push the canoe into the lake. The water shines with autumn light. You begin to row, slowly at first, dragging the waves into long, green ribbons. And then faster. And faster. Your muscles feel strong and light and elastic, your lungs inexhaustible.

When you find your rhythm, you and the boat become a single flashing arc.

You feel as if you could fly to the moon in that old canoe. You feel the energy crackling under the surface of your skin. You feel undeniably happy.

And it all feels so different from a few hours ago when the 5 P.M. gridlock had carved its way into your jaw and you had just polished off a week's supply of antacids.

Funny how things seem to change.

And interesting how health seems to reflect a state of being (mind, emotion, spirit) as much a state of the body. The mind can make us well or make us ill, kill or cure us. But "mind" is more than the brain; it is also a vast and universal intelligence that pervades every cell and atom in us.

We offer resources to help you awaken the healing intelligence of your entire body/ mind.

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Accessing the Wisdom of Your Body

THE FOCUSING PROCESS

Have you ever felt anxiety drain out of your body? Lasting personal change is often accompanied by a "bodily shift." You can learn to pay attention to the body in a way that makes real change possible. **Focusing** is a learnable, step-by-step process for doing just that.

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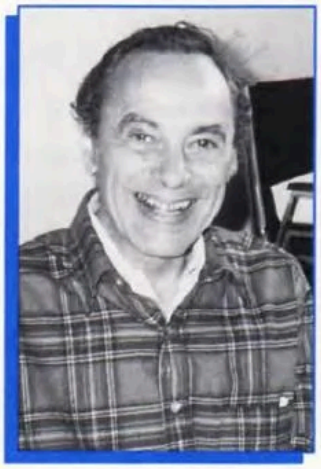
Focusing was developed by Dr. Eugene Gendlin based on research he did with Carl Rogers at the University of Chicago. Gendlin and his associates conducted a detailed review of hundreds of taped psychotherapy sessions and did detailed analysis of the clients' histories & outcomes, the types of therapy and therapists. This is what they found:

Some people changed meaningfully through therapy, and others did not. Therapists' behavior and their "school" of therapy didn't predict success. Neither did the original severity of the clients' problems. *What clients did during the sessions*, however, accurately predicted successful outcomes. Successful clients all *did certain things*. Gendlin isolated those behaviors, broke them down into steps, and developed a way to teach them. The result is called **Focusing**.

A Flexible, Universal Tool

Focusing is a universal understanding about personal change, not a therapeutic technique or a psychological school. It is tremendously adaptable as well. Focusing can be done alone, or with help. It can be done quickly (in as little as five minutes), or deeply, over a period of as long as an hour.

Focusing can be a simple, effective method for getting in touch with your feelings — to the point that you experience genuine change. Or Focusing can be a method for centering, solving practical problems, healing, growing spiritually, and even as a source of inspiration for artists and writers. In fact, in a recent article in *Megabrain Report*, Michael Hutchison suggested engaging in Focusing while using Mind Machines!



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Tape Two: Focusing and Experiential Listening
Watch Dr. Gendlin teaching a group, helping individuals to incorporate Focusing and Experiential Listening skills, and offering insight into the Focusing process, the whole individual versus his/her parts (such as the Inner Child), and dream interpretation. 60 minutes.
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Tape Three: Focusing and Dreams
Watch Dr. Gendlin work in depth with one individual on a dream, asking questions and guiding the Focuser to understand each segment of the dream as it relates to her life. Then a discussion about style, process and bias control with a group of Focusing trainers. 60 minutes.
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Mary McGuire, Dr. Gendlin's longtime associate and the Director of the Focusing Institute, briefly explains the six steps of Focusing and then takes you through an actual Focusing Process. An excellent partner for both the new and experienced Focuser.
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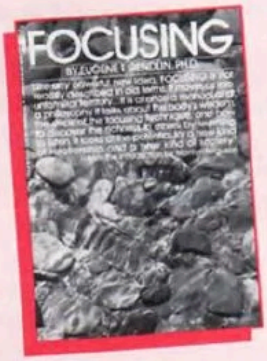

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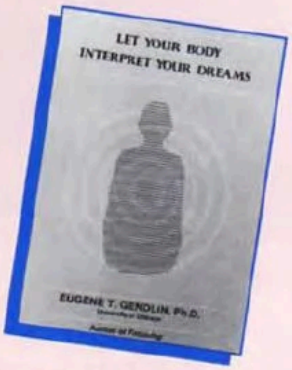

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"All of a sudden I felt like someone had pulled the planet from beneath me and I was falling continuously for 30 minutes. I remember very little of actually composing the music," Marcey admits. "I never heard it, but I could feel it deep inside of me as if it were in my cells — I became the music."

She first put this music before the public at a Dallas metaphysical fair where she offered the public a chance to hear it through headphones. Her first potential customer turned white as a sheet when he heard the music. "Young lady, I want you to know that several years ago I had a heart attack in the hospital and was pronounced dead for 16 minutes. While I was dead, I left my body and went through a tunnel of light. The music I heard towards the end of the tunnel was the same music you were playing on those headphones."

In the months that followed, Marcey began hearing from people who were reporting sudden, almost miraculous, spontaneous feelings of well-being while listening to her tape. The outpouring of response inspired her to return to her own deepest level of consciousness and to the recording studio. Her music comes from "a place of love," she says. "If it didn't make people feel good, I don't think I could do it, because it wouldn't make me feel good."

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When I first spoke to Bill, it didn't take long for me to realize that he was an expert on psychoactive sounds. A long-time meditator and student of psychology, Bill's interest was captured by the low, slow sound — delta-distanced binaural beats at extremely low frequencies. "Using these sounds regularly, consistently, day after day, very naturally provokes the brain to let go of deep limiting patterns."

The Introductory Package includes the powerful first album in the meditation series, ***AWAKENING: Prologue***, a comprehensive 3-cassette package that includes telephone access to Centerpointe's support staff.

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"I see in these people dramatic changes . . . They process much more quickly and more completely than my other clients, moving through in a couple of days — sometimes even a couple of hours — what ordinarily takes months to pass through . . . I only wish all my clients could be like those who are using this program."

— Dr. Beverlee M. Taub, Ph.D.

OR USE ORDER FORM ON PAGE 75

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"These are great tapes! Whenever I have a patient that nothing works for, I get results with Kelly Howell's tapes."

— Margaret O. Smith, Biofeedback Professional, Charlotte Presbyterian Hospital, N. C.

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- **Pure tones that evoke the specific state you desire**
- **Audio techniques: Tones, music, harmonic superimposition of binaural beat frequencies**

All single titles are $14.95:

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Many subliminals don't work at all. Most work only a little. New technology, however, has created tapes that do give results — dramatically and fast. So report two of the nation's leading authorities on subliminals, Drs. Lee and Joyce Shulman, authors of **Subliminal: The New Channel to Personal Power**. After conducting a thorough research project completely independent of Alphasonics, they chose these tapes for their clients and their own personal use.

Your unconscious habits of thought may be ALL THAT'S HOLDING YOU BACK from achieving many of your goals and desires. Effective subliminals bypass the conscious mind and DIRECTLY ADDRESS the subconscious mind.

- **Unique multi-tracking technology**
- **Messages are presented in real time, in a way the mind can actually absorb**
- **Messages are scripted stereophonically to specifically address the brain's left and right hemispheres**
- **Effective through headphones or speakers**
- **Effective while working or driving**

Alphasonics tapes are painstakingly created using unique custom-made state-of-the-art equipment. Because of this, they are extremely expensive to produce, which is why they cost $36 each. So why are these high-end tapes so popular? In a word, *results*. If a tape can really help you change your behavior, it's an extremely good deal — at $36. And Alphasonics stands behind their tapes with a one-year money-back guarantee.

The usual industry standard is a 30-day guarantee on results. Alphasonics has a full ONE-YEAR MONEY-BACK GUARANTEE — the longest in the industry. In over four years, Alphasonics has received less than 1% returns on hundreds of thousands of tapes!

Remember:

- Subliminals *have* been proven successful.
- Play the tape every day for 1-2 hours.
- They work even while you're otherwise occupied.
- Expect results in 3 days to 3 weeks.
- They do work during sleep, but are most effective when awake.

"One or two generations ahead in coordination of electronic expertise and mind-body knowledge." — Robert D. Doerr, Ph.D.

Individual Tapes — $36.00 (with a One-Year Money-Back Guarantee).

Learn:

TL001 Deep Relaxation
TL002 I Can Do Anything!
TL003 Weight Control
TL004 Stop Smoking
TL005 Prosperity
TL006 Psychoneuro-immunology
TL007 Stress Management
TL008 Stop Procrastination
TL009 Self-Confidence
TL010 Memory
TL011 Joy of Learning
TL012 Concentration
TL013 I Want to Exercise
TL014 Insomnia Relief
TL015 Safe Driving
TL016 Pain Release
TL017 Loving and Feeling Loved
TL018 Joy of Life
TL019 Happiness and Laughter
TL020 Healing Power
TL021 Positive Body Image
TL022 Abundant Energy
TL023 Stop Sugar Addiction
TL024 Restful Night's Sleep
TL025 Constipation Relief
TL026 Assertiveness
TL027 Time Management
TL028 Goal Setting
TL029 Organized and Efficient
TL030 Sales Achievement
TL031 Winning at Exams
TL032 Releasing TMJ Stress
TL101 Peak Performance
TL102 Peak Performance in Business
TL103 Living Alcohol Free
TL104 Stop Drug Abuse
TL105 Flying Without Fear
TL106 Attracting Infinite Riches

TL3000 2-Tape Set: Rapid Weight Loss and Permanent Weight Control — $69.95

Dr. Tomatis on "Charging the Brain"

Alfred Tomatis is a French ear surgeon who, over the past 45 years, has pioneered a new understanding of the human ear. According to Tomatis, one of the ear's main functions is "to charge the brain."

"Charging the brain" means listening to high-frequency sounds, usually frequencies which we can neither hear nor vocalize (because "the voice can only produce what the ear can hear"). He has high praise for the healing powers of Gregorian Chant (and some of his own key discoveries arose out of medical examination of Benedictine Monks who became fatigued and listless when their normal 6-8 hours of daily chanting was eliminated from their schedule).

Tomatis' teaching rests on developing good *listening* skills, because he considers listening the foundation not only for speaking and musical ability, but also for visual skills, learning, motor control, and motivation. The Tomatis Method has been used with success in over 180 centers throughout the world to improve dyslexia, autism, stuttering, and depression, to enhance the talents of many professional performing artists, and to facilitate the learning of languages.

About the Tomatis Method
By Tim Gilmour, Paul Madaule and Billie Thompson
The first extensive documentation in English of the Tomatis Method and its many applications. Articles discuss it in terms of education, clinical psychology, linguistics and speech pathology, musicology and medicine. Paperback 244pp
(ST101) $20.00

The Conscious Ear
By Alfred A. Tomatis
In the English translation of his autobiography, Tomatis shares the story of his 71-year search to understand human health and growth, his encounters with will and fear, and the growth of love and meaning in his life. An inspiring resource. Paperback 300pp
(ST102) $19.95

The Healing Powers of Tone and Chant
Tape One is a lecture by Don Campbell on the history of Chant with many beautiful examples, as well as 25 minutes of instructional exercises. Tape Two is a documentary on the work of Alfred Tomatis, including an interview with Tomatis himself and chanting by Tibetans, Gregorians, and Thomas Merton.
2 cassettes (TV101) $20.00

Heal Yourself With Your Own Voice
A 60-minute audiotape workshop (at home or in the car) with Don Campbell, giving you lots of exercises and examples of how you can improve your well-being and health through using your voice. A great introduction to personally applying Dr. Tomatis' work!
(TV102) $12.00

OR USE ORDER FORM ON PAGE 75

Ultra-Meditation

NOW ON CD!

FROM ZYGON

"As I plugged it into my Walkman, I kept thinking, 'it's just a cassette tape.' Then I put on my headphones, flipped the switch, and whoosh . . . I was transported into another time and place. My body became extremely relaxed. My arms and legs felt numb. I started having long conversations with a voice inside my head, experiencing vivid memories and a flood of creative ideas. It seemed as if my mind and body were in two separate places. Words can hardly describe the experience but it was like taking a two-week vacation in 28 minutes." — Dane Spotts

What Do Zen Monks, Dolphins, and Near-Death States Have in Common?

Try these tapes and find out! Yes, these are the famous "28-minutes to Zen meditation" tapes you've heard about. While I can't guarantee they'll make an instant Buddhist monk out of you, they're likely to make you happy enough that you couldn't care less. The folks at Zygon are a genuine paradox. To say their ads are strong is to put it weakly, but regardless of the hype, their well-funded lab produces some of the best tapes we've heard! There's nothing quite like them on the market — they're simple, intelligent, excellently-produced, and they consistently draw me into a gentle and genuine feeling of euphoria! I feel good after using them, which is the best test I know.

★Stage One: Ultra Meditation I and II

- Very high user satisfaction
- Superb, sophisticated sound layering
- Innovative, intelligent use of advanced techniques
- Audio techniques: Transcendental sounds, binaural beats, and subsonic tones tuned to specific brain waves

(Alpha-Theta and Theta-Delta) You hear the transcendental sounds of Tibetan bells, chimes, monks OM-ing, and an underground stream with subsonic brain entrainment tones, attuned to deeper meditative states. Zygon recommends listening to the first tape for two weeks before using Ultra Meditation II to go deeper. I have found these tapes to be extremely pleasurable to listen to. In fact, Ultra Meditation I is among my all-time favorite tapes. **2 cassettes (TZ101) $49.95, 2 CDs (TZ101CD) $49.95**

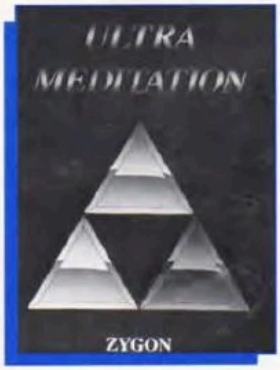
Stage Two: The Advanced Tapes

Ultra Meditation III (The Delta Tape) You hear a soft, many-layered soundtrack interweaving a great number of mysterious sounds. Recommended only for those who have used the first two Zygon tapes.
Cassette (TZ103) $25.00, CD (TZ103CD) $25.00

Ultra Meditation IV (Cetacean Mind Link) Listen to the songs of whales and dolphins in a 3-D underwater sound environment while your mind becomes attuned to the earth's pulse. Link your consciousness to the playful brainy mammals under the waves. Perhaps a wild-sounding idea, definitely a mind-opening experience.
Cassette (TZ104) $25.00, CD (TZ104CD) $25.00

Ultra Meditation V (Beyond & Back — The Near-Death Experience) This tape guides you through a "near-death" simulation, then brings you back to earth feeling more recharged and enlivened.
Six distinct stages: (1) Opening; (2) Confusion; (3) Life Review; (4) The Ascent; (5) The Other Side; and (6) The Return. A super-empowering experience.
Cassette (TZ105) $25.00, CD (TZ105CD) $25.00

SPECIAL: Ultra-Meditation I-V
(A $125 Value) Only $100.00!
5 Cassettes (TZ201)
5 CDs (TZ201CD)



Allow up to 2-3 weeks extra for delivery of all Zygon products.

"Supercharge" Your Brain!

The **Brain Supercharger** first teaches you to attain a mind state of peak receptivity and then communicates powerful affirmations directly to the subconscious.

It features Zygon's "neuro-entrainment matrix," a special combination of sound frequencies combined with a careful mix of environmental sounds and tones designed to enhance synchronization of the two sides of the brain.

Also included is "The Superbrain Technology" — a tape describing how to use the "Brain Booster" to learn to unleash intuitive powers and expand mental abilities.
Brain Supercharger Kit — 2 cassettes (TZ302) $49.95

Zygon's "Super Deal" on the Best of the Rest

THE MIND DEVELOPMENT LIBRARY

Excluding the Ultra Meditation tapes, this package contains the "cream" from Zygon's catalog of nearly 100 tapes. Included are:
3 Complete Brain Supercharger Kits: Ultra Success Conditioning, Super Immunity and Health, and Accelerated Learning and Memory (each is a $49.95 two-tape album based on the Brain Supercharger technology described above)

The Millionaire's Mind: Wealth Conditioning System
A 6-cassette album designed to "tattoo the mental conditioning and success traits of a self-made millionaire onto your brain cells." It links positive memories to behaviors like high energy, charisma, self-confidence, creativity, the belief in abundance, and focused commitment. ($69.95 when purchased alone)

3 Bonus Audio Reports (valued by Zygon at $75 each): **The Super Brain Technology, Mastering Your ESP,** and **Mind Control Secrets**

Awaken Your Mind Power: An audio distillation of a popular seminar on "Visioneering Technology" (valued by Zygon at $500)

12 Super Subliminal Programming Titles (6 tapes, each with 2 titles — including **Master Fear and Anxiety, Increase Focus and Concentration, Permanent Weight Control, Eliminate Procrastination, Effective Public Speaking, Attracting Love Relationships, Stay Fit, Building Self-Esteem, Mastering Stress, Super Memory, Quit Smoking Forever,** and **Success Motivation,** valued by Zygon at $240)
The Mind Development Library (TZ301) $149.95

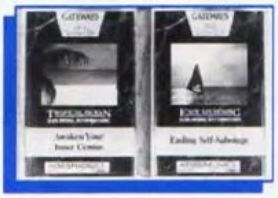
TO ORDER CALL 1-800-456-9887

"Striking Behavioral Changes" Measured in Independent Studies!

WHOLE-BRAIN SUBLIMINALS

Truly Effective

Truly effective subliminals: a highly technical — and rare — achievement. A recent well-publicized study found that "subliminals don't work." So why do we carry these tapes? A leading research psychologist suggested that I take a close look at Dr. Eldon Taylor's subliminal audiocassettes. "I've used them myself in research, and I have been astonished at the striking behavioral changes I have measured comparing them with a placebo!" Other studies bear out his observations.



Advanced Technology

Unlike other subliminal programs, Taylor's suggestions are recorded at the threshold of audibility, conveying a single clear message. His exclusive patented technology has evolved over years of research. The affirmations, spoken in male, female and child voices, take two forms: The permissive form ("It's okay to be good") comes through the right speaker to the brain's left hemisphere, which reduces the resistance to change. The first-person authoritarian form ("I am good") comes through the left speaker to the brain's right hemisphere, but backmasked.

Results in Weeks

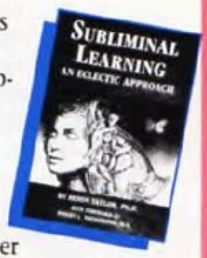
Dr. Taylor is a well-known authority and author of several books on subliminal information processing. All of his tape series come with substantial technical information, including a card listing all affirmations. The attitudinal and behavioral changes should begin to manifest after a few days to a week of practice, and should be quite obvious within a month.

Use Anywhere, Anytime

In Dr. Taylor's Whole Brain *Hemisphonics*™ programs you receive your choice of ocean environment sounds or specially selected background music compatible with the subliminal messages. These tapes can be played through speakers while you work, talk, or listen. Or, for extra effect, listen through headphones.

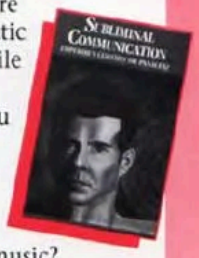
Books by Eldon Taylor, Ph.D.

Subliminal Learning



A book about the "process of learning" which sheds light on the impact of subliminally-cognized information upon behavior change and undesirable behavior, including a review of numerous scientific studies from all over the world. Paperback 188pp
(BE101) $12.95

Subliminal Communication



What is a subliminal? Why are some professionals so emphatic that subliminals do work while others are equally emphatic that they don't? How can you tell the difference between effective and ineffective subliminals? How can you account for subliminal messages in popular media and music? 2nd Edition. Paperback 131pp
(BE102) $8.95

Hemisphonic Subliminal Programs:

Ocean	Music		Ocean	Music	
TE310A	TE310C	Accelerated Learning & Study	TE303A	TE303C	No More Procrastination
TE312A	TE312C	Advanced Memory Skills	TE300A	TE300C	Optimal Weight Loss
TE376A	TE376C	Awaken Your Inner Genius	——	TE393C	★ Optimism Plus
TE304A	TE304C	Creating Prosperity & Abundance	TE311A	TE311C	Organized & Efficient
TE326A	TE326C	Enjoying Exercise	TE302A	TE302C	Positive Mental Attitude
TE301A	TE301C	Forever Free of Cigarettes	TE355A	TE355C	★ Positive Relationships
TE375A	TE375C	★ Forgiving & Letting Go	TE338A	TE338C	★ Powerful Immune System
TE356A	TE356C	Freedom from Depression	TE309A	TE309C	Powerful Selling & Closing
TE307A	TE307C	Freedom from Stress	TE386A	TE386C	Releasing Co-Dependent Patterns
TE318A	TE318C	★ Have It All	**NEW!**		
TE305A	TE305C	High Self-Esteem	TE381A	TE381C	★ Ending Self-Sabotage
TE315A	TE315C	★ Igniting Enthusiasm & Motivation	TE351A	TE351C	Freedom from Allergies
TE329A	TE329C	Intimacy & Relationships	TE316A	TE316C	Freedom from Fears
TE308A	TE308C	Natural Self-Healing	TE378A	TE378C	Strong Concentration

- Success confirmed by numerous independent studies at universities and clinics
- Exclusive patented technology combined with pleasant musical soundtracks
- Audio techniques: Two tracks, in male, female and child voices speaking near-audible and sometimes audible suggestions

Dramatic Weight Loss

1991 Research Study. Munich University Professor Rainer Pelka conducted a weight loss study using a Hemisphonic tape with 34 overweight women who had been unsuccessful with diets and exercise programs. Results: In 60 days, the women averaged a weight loss of 13 pounds, with the highest loss at 49 pounds. No other diet or exercise regimen was involved.

Whole-Brain Subliminals Reduce Stress

1990 Double-Blind Study. To evaluate Hemisphonics' effectiveness in stress management, 60 Weber State College students were tested. Results: Researchers reported a dramatic difference in psychological test scores. The group who used Hemisphonics had a much higher capacity to manage stressful stimuli.

"All titles only $12.95 each! Buy any 4 and receive the 5th tape free."

OR USE ORDER FORM ON PAGE 75

Radical, Original, Powerful Technology — At Half Price!

THE FAMOUS JOHN-DAVID TAPE SETS

A Generation Beyond Mere Motivation Tapes
John-David (1938-1987) was an outrageously original, unorthodox genius — a pioneer in high-tech self-improvement. He was justly famous for his colorful personality and for his ability to produce life-changing results with powerful cutting-edge sounds. For a limited time, Tools For Exploration is honored to be able to offer several of John-David's most successful, effective and influential tape programs AT HALF THEIR ORIGINAL COST!

- Audio techniques:
  - John-David's famous and unique low-frequency, neuro-active sound patterns
  - Guided imagery and hypnosis learning exercises
  - Subliminal messages
- Previously unheard-of low prices
- Tapes to help you jump your life into "high gear"

Brain Tune-Up, Anyone?
Hear John-David discuss his advanced work, including examples of some of the powerful sounds he uses.
(TJ101) $10.00

Brain-Mind Expansion™ Intensive
Use this tape only if you are prepared to experience dramatic changes. The result of John-David's work with brain-damaged children and disabled and dyslexic adults, this program applies learning techniques to expand memory functions and enhance concentration. **This is not just a set of tapes, but a comprehensive, powerful, intensive course in expanding your brain's hidden powers.**

What You Get: 8 audiotapes (use 4 with headphones and 4 without), VHS videotape for improving relaxation and rescripting behaviors, and 2 instructional audiotapes and manual.

Personal Changes: Improvements in long- and short-term memory, concentration, overall mental performance and peak states.

Thousands sold nationally at $395 Now — for a limited time only —
(TJ201) $198.00

★Eliminate Self-Sabotage™
An intensive, very comprehensive, no-holds-barred series dealing solely with getting life to work, with much less effort. This tape series delves into deep areas of emotional scripting in a playful and lighthearted way. Users have found that it is an especially powerful tool for learning and actualizing positive changes in personal relationships, money and career. **Don't take this course unless you are ready to put your life into "high gear."**

What You Get: 8 audiotapes (use 4 with headphones and 4 without), and 50-page workbook.

Personal Changes: Actual life changes in the areas of relationships, self-esteem, sex, inner self, money and career.

Thousands sold nationally at $295. Now — for a limited time only —
(TJ202) $148.00

"Truly on the cutting edge of sound technology."
— O. Carl Simonton, M.D.

Passing Professional Exams™
Designed to support successful completion of exams — from high school studies to medical and law board exams. This has been one of John-David's most sought-after tape programs, because it has produced such powerful results.

What You Get: 9 audiotapes, 4 for use without headphones while studying, working or driving, and 4 for use with headphones, plus 1 instructional tape.

Personal Changes: Learn peak performance, enhanced concentration, accessing subconscious resources, eliminating subconscious blocks, and passing exams of all types.

Thousands sold nationally at $395. Now – for a limited time only –
(TJ203) $148.00

Power Tools For Your Mind

BRAINSPEAK SUBLIMINALS™

Before he died, John-David designated his associate, Deborah DeBerry, to carry on his advanced work with sound and consciousness.

Here are two tape sets in which Ms. DeBerry brings together the powerful sound patterns developed by John-David with the subliminal technologies developed by Dr. Eldon Taylor (see page 17).

BrainSpeak Subliminals™ sets contain 2 tapes plus an affirmation/instruction card and travel case. The first tape contains inaudible messages embedded in an audible BrainSpeak sound pattern track, especially powerful when heard through headphones. The second contains the same powerful inaudible affirmations in a setting of natural environmental sounds, suitable for hearing through speakers in virtually any environment, including the car.

Recharge
To renew and energize the mind for increased awareness and higher mental functions. 2 cassette set.
(JD501) $29.00

Vitality
To experience peak performance and high energy levels of the mind, body and spirit. 2 cassette set.
(JD502) $29.00

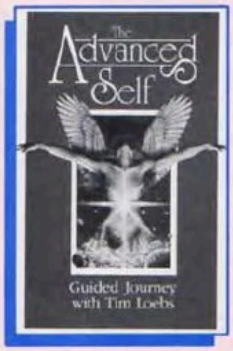
These $49.00 tape sets are available through Tools For Exploration for a limited time only at this low $29.00 price!

TO ORDER CALL 1-800-456-9887

Transforming the Addictive Process

NEW!

This excellent four-part tape set by Michael Samko, Ph.D., a student of Milton Erickson, has music and sound patterns by Dr. Jeffrey Thompson (see p. 11). It guides you through a therapeutic process of resolving deep addictive and compulsive patterns. Parts 1-4 are: Establishing a Positive Mind-Set, The Process of Transformation, Relapse Prevention, and Subliminal Reinforcement.
2 cassettes (TB510) $38.95



The Advanced Self

This guided journey by Tim Loebs uses Ericksonian hypnosis and the Hawaiian Huna spiritual system to achieve a direct experience of ultimate radiance. "In the beginning we were all thoughts or seedlings of light in the mind of that great divine power from whence we came." Take a reverse journey back to the nurturing I'O, the beginning before there was light, an ultimate, inspiring, and uplifting inner pilgrimage.
Cassette (TB507) $12.95

Angelic Music *by Iasos*

This is "transcendent music," meant for opening the heart, learning meditation, and "out-of-body work." Within seconds, it can create a profound sense of peace and relaxation. In research with near-death survivors, this music was rated most similar to the "heavenly music" heard by people while officially "dead." "I feel as though entering a new . . . and very profoundly beautiful world." — Buckminster Fuller
Cassette (TB502) $9.95,
CD (TB502CD) $16.95

Magic Island Relaxation for Kids

A proven relaxation aid for children aged 5-12. Using music and narration, Magic Island tells the story of a journey by hot air balloon to a magic island. It helps children learn how to breathe fully, release emotions, fall asleep, feel better when sick or hurt, and release everyday stress and upset.
Cassette (TB501) $10.00

Harmonic Brainwave Synergy

A brain-synergy tape that's universally well-liked. The sounds themselves musically evoke the sense of a dramatic inner journey, while the brain-entrainment tones intensify the meditative effect. Together, they evoke an effect that one of our friends calls "the most pleasurable audio experience I know of." A great deal of passion, care and intelligence has gone into producing this music, and it shows.

Cassette (TB101) $12.98,
CD (TB101CD) $16.98

Anti-Frantic Music *by Steven Halpern, Ph.D.*

Steven Halpern is probably the single most active pioneer in "new age" music. His work has always focused on the uplifting, meditational, and healing powers of music and sound. Certain of his cassette titles, listed here, most specifically act on the body-mind to create certain "states."

Higher Ground: Alpha/Theta Brainwave Entrainment Music
This tape brings together ancient sound traditions with synthesizers and binaural beats, using 8 Hz signals to "lock your human instrument into phase with the natural harmonics of the Earth."
Cassette (TB503) $9.98

Spectrum Suite
Halpern's most popular tape ever, "channelled" and confirmed by Kirlian and biofeedback studies. It explores the relationship of color, music and light to the human body, using sound to "tune the chakras". **Cassette (TB504) $9.98**

Crystal Suite
Halpern's most celestial and orchestral soundscape is sequenced to align and attune the chakras using pure quartz crystal bowls and synthesized sounds. **Cassette (TB505) $9.98**

Swirl Your Consciousness!

The famous music producer Marshall Chess is also an inner explorer who, after 10 years of making tapes for his own use, has released **The Swirl**. On both sides, multiple layers of binaural beat frequencies (delta-theta on Side A, and alpha-theta for Side B) are fused with continuously orbiting streams of audio information for what Michael Hutchison describes as "a quick ride out of external reality."
The Swirl (Cassette) (TM901) $14.95

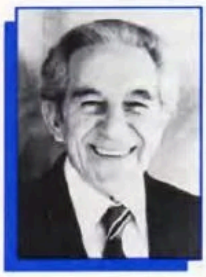
Heart Zones

Designed to help facilitate a deeper heart contact with one's own self, Lew Childre's **Heart Zones** (says *Meditation Magazine*) "tunes the human body in a way similar to a piano tuner tuning a piano. It tunes your body to feel light and airy, peaceful and at one with the earth." This music is excellent for playing in the workplace to relax and energize the whole atmosphere.
Cassette (TB3170) $9.95,
CD (TB3170CD) $15.95

OR USE ORDER FORM ON PAGE 75

Learn Profound "Letting Go" for Happiness and Success

THE SEDONA METHOD® ON VIDEO



Are you ready to remove those limits you keep placing on yourself? The Sedona Institute's RELEASE® Technique is a simple, direct, non-dogmatic technique for being free in the present moment.

Graduates use the SEDONA METHOD for setting goals — and achieving them; for determining needs and desires — and meeting them. The proof is that your life gets better, almost immediately, in all imaginable areas, like self-esteem, prosperity, interpersonal relationships, health and well-being.

Anyone can use the RELEASE Technique, and thousands do every day. Successful business people, everyday folks, celebrities, doctors and philosophers alike have all discovered that it changes their lives for the better.

A Matter of Life and Death

Lester Levinson is the creator of the SEDONA METHOD. In 1952, after his second massive heart attack, his physicians told him he had only a short time to live.

Faced with the prospect of death, he reconsidered his whole existence. He realized that his own feelings were the cause of all his problems, and his struggle against them is what had destroyed his health and caused him to suffer in every way. He also rediscovered the inborn ability to completely discharge all his negative feelings and their many consequences. Instead of suppressing them, coping with them or venting them, he released them completely.

The more he did this, the happier and healthier he became. Within three months he was completely well — and he still is today! He attained a profound inner peace, became a millionaire, and became surrounded by honest, loving relationships.

Learning to Rediscover Freedom

By 1974, he had developed his insights into a system anyone can use to achieve peace, abundance, health, happiness and success. This is what is called the SEDONA METHOD.

Until now, the SEDONA METHOD has only been taught at two-weekend seminars at a cost of $495. Now, for the first time, it is available on videotape. When you complete the video course, you'll enjoy all the same benefits and privileges as seminar attendees — plus you'll have the video for reinforcement!

The beautiful two-volume set comes complete with 8 one-hour videos, workbooks, a chart, and easy-to-follow instructions.
THE SEDONA METHOD® (TS301) $395.00

From Mathematical Chaos To Auditory Ecstasy

NEW!

TAPES FROM THE TAMAS LABORATORIUM

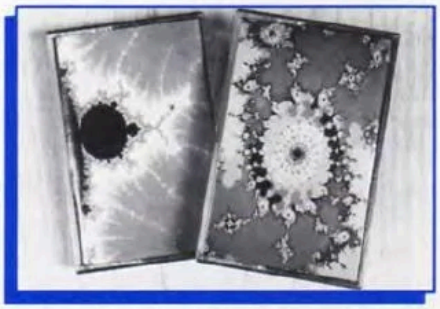
We already love to hear it. All peoples have listened to the random sounds of nature since the beginning of time. Think about it: falling rain, burning wood, howling wind . . .

Now Andrej Slawinski, founder of Tamas Labs, who began with music for experimental theatre in Germany, has created sounds so hypnotic and powerful that they've blurred the line separating the avant garde world of art from the cutting-edge world of consciousness technology.

Chaos and Fractal Geometries of Sound

Mathematical theory reveals the paradox of an orderly structure emerging from apparently random occurrences. We discover the inexhaustible intelligence of the infinite when we gaze at the undulating ripples blown across desert sands or the gently moving surface of the sea.

Tamas Labs uses mathematical systems to compute series of fractal figures that are converted into meditative musical scores, producing strangely beautiful sounds, haunting yet harmonious. Theta and delta binaural beats are added, increasing the mind-altering power of these unusual musical sounds.



Deep Psychological Effects

Tamas Labs' sounds combine repetition and chaos, resulting in a hypnotic soundscape lying somewhere between "new age music" and "computer sounds," and evoking simultaneous feelings of changelessness and perpetual growth. These sounds can be blissfully relaxing, profoundly soothing, or even subtly exciting.

Listening to the Tamas Laboratorium soundscapes draws you into a world you may have never visited, but where you'll feel right at home.

Eternal Elements: A unique sonic environment for relaxation and the release of memories. Three-dimensional natural sound recordings mingle with fractal structures to evoke an eternal domain.
2-tape set (TT201) $39.95

★ **Delta Voyage / The Waves of Coincidence:** *Delta Voyage* has been used in Tamas Laboratorium workshops for trance dance and body work. *The Waves of Coincidence* invites you into a very deep relaxation state in which many people have reported extraordinary inner experiences.
(TT202) $19.95

★ **The Wheel:** The melody slowly turns on itself like a voyage into the waves of breath or the ocean, creating an ideal sonic environment for deep relaxation, breath work or visualization. Side A: Theta and beta. Side B: Theta.
(TT203) $19.95

Mandala Music: A journey through the many different soundscapes of Tamas Laboratorium, based upon the idea of the mind turning inward upon itself.
(TT204) $19.95

Requiem: This tape creates an environment for inner transformation and near-death experience. Features the Polish choir Collegium Cantorum.
(TT205) $19.95

Collection: An introductory sampling of selections from Tamas Lab soundscapes.
(TT206) $19.95

TO ORDER CALL 1-800-456-9887

NEW!

What Do You Say When You Talk To Yourself?

People talk to themselves all the time, and research shows that on average, up to 77% of self-talk is *negative* — statements like, "I can't remember names." Or "I'm so clumsy." Or "I can't stand that." This constant negative reinforcement can hold people back in every area of life.

Well, Dr. Shad Helmstetter had an important insight: Why not retrain positive self-talk via audiotapes, repetitively reinforcing the self-talk phrases that will assist you in living the life you really want?

He wrote the bestselling book, *What Do You Say When You Talk to Yourself?* and he developed a wide-ranging series of audiocassettes, which are meant to be listened to frequently, even when you aren't able to pay close attention.

Helmstetter asserts (and research supports him) that the subconscious mind will act on the strongest, most frequent messages you give it. Thus the *constant reinforcement* you receive can gradually transform doubt, worry, low self-esteem, and depression into self-confidence, self-appreciation, and positive action.

As contrasted to subliminals, these are fully audible affirmations, simple and positive, designed to reinforce your "best" sentiments relative to a particular subject area. For example, on the tape "Stopping Procrastination" you hear many different affirmations, such as "I accept only those responsibilities which I will live up to . . . I agree to do only those things that I WILL do . . . I enjoy getting things done . . . I take the time to plan my time."

The Self-Talk Starter Set

Feel better about yourself, gain a sense of accomplishment and purpose, and create the person you want to be, *starting today*. Building Self-Esteem, Believing in Incredible You / Taking Control of Your Life, Setting & Reaching Goals, Visualization, Stopping Procrastination, Making Today an Incredible Day.

6 cassettes (TH302) $69.50

Self-Talk for Super Motivation and Success

Nothing can stand in the way of enthusiasm, commitment and drive. Get the organization, attitude and self-belief to get the job done. Super Self-Motivation, Setting Priorities & Managing Time, Positive Risk Taking, Creating Energy & Enthusiasm, Overcoming Personal Limitations, You Can Do It!

6 cassettes (TH303) $69.50

The Self-Talk Family Pack

Your family, your mate and your children will enjoy building self-belief, self-esteem and appreciation for each other — as a family. Positive Parenting, Successful Marriage, Improving Personal Relationships, Self-Esteem for Children, Positive Self-Talk for Teens, Taking Responsibility for Yourself.

6 cassettes (TH304) $69.50

Self-Talk for Putting Your Mind in Top Shape

These cassettes will teach your mind to tune in, focus, and remember details. Put your mind — your most important asset — in top shape. Thinking Sharp & Being Alert, Studying & Learning, Improving Your Concentration, Better Memory, Becoming a Super Listener, Super Creativity.

6 cassettes (TH305) $69.50

Self-Talk for Weight Control

The nonstop encouragement you need to help lose weight and keep it off. Change your subconscious attitudes by listening morning, evening, and before meals. Daily Weight Loss, Sitting Down to Eat, Keeping It Off, Getting Started and Staying With It, Winning Ways to Reward Yourself, Breaking Through Your Weight Loss Barriers, Stop Hiding Behind Your Weight, Controlling Between-Meal Snacks.

8 cassettes (TH306) $89.50

Behavioral Software

BY ANNE HAMMOND BROWN

Anne Hammond Brown is Dr. Shad Helmstetter's partner and the Director of the Institute for Functional Behavior. She has developed **Behavioral Software**, an advanced application of Self-Talk, to help people make deep, structural changes in patterns that tend to keep them "stuck." This 4-tape set is a powerful tool for lasting personal growth!

Tape One: ***Loving Life.*** Eliminate mediocrity and depression. Start living life with more joy every day.

Tape Two: ***Boundaries.*** Learn to set balanced, appropriate boundaries — not too rigid, not too demanding, not too easily manipulated.

Tape Three: ***Rejection.*** We all experience many big and little rejections. Learn to be comfortable with rejection without losing your self-esteem.

Tape Four: ***Overcommitment.*** Help eliminate the chaos in your life and no longer be harried, hurried, or out-of-control.

Behavioral Software 4-Tape Set: (TH307) $59.50

What to Say When You Talk to Yourself

Here you receive Dr. Helmstetter's bestselling book together with his Self-Talk tape, "Taking Responsibility for Your Self."

Book & Cassette (TH301) only $19.95

"If you want to see what Self-Talk can do for you, set a practical goal that's really important to you . . . Then learn how to use Self-Talk and apply it to that goal. That's what Self-Talk is designed to do, and it is very effective."

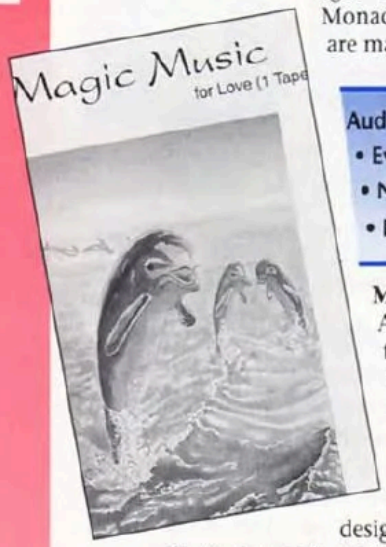
— Dr. Shad Helmstetter

NEW!

From the South of France, With Love

"MAGIC MUSIC" FOR LOVE AND RELATIONSHIPS

Leave it to the French! These tapes combine entrancing new age music, natural sounds and psychoactive tones to serve . . . what else? Your love life! The tapes' creator, Patrice Chaillan, is well-known in France as an expert in new technologies and "the new age." Created in a small town near Monaco, these tastefully presented tapes are manufactured in Belgium.



Audio Techniques:
- Evocative "magic" music
- Natural sounds
- Binaural beat tones

Magic Music for Love
A softly evocative, sensual relaxation tape helps to "get you in the mood" for love.
1 cassette (TC701) $24.95

Magic Music for Harmony
For each of you to use, or two to use at once. These tapes are designed to induce harmony — both between people and within them.
2 cassettes (TC702) $49.95

Maskphones

A comfortable quilted mask straps behind your head and supplies 20-20,000 Hz stereo sound to both ears. Perfect for falling asleep with at night, and no more expensive than regular headphones!
(TT101) $16.95

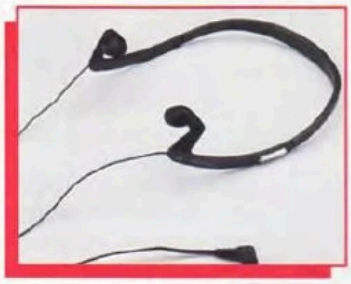
Enspace

Slip on these vinyl wrap-around eyeshades and it looks like you're wearing goggles. The foam mask blocks all light from your eyes while the built-in stereophones deliver music, blocking all distracting sounds from your ears. Light blockage is 100%.
(TT102) $29.95.

High Quality Stereo Headphones from Philips AG

When you listen to consciousness-enhancing sounds through headphones, it is important that you use first-rate equipment. Philips AG of Germany is one of the world's largest manufacturers of fine audiophile equipment. Here we offer four headphones, featuring economy and quality in a variety of designs:

Economical and Lightweight Headphones
These adjustable headphones feature 27mm Ferrite drive units, a mini-plug and a 3.5mm-6.3mm adapter and an extra set of ear cushions. Frequency response 25-20,000 Hz. Sensitivity 103 dB. 30mW.
(SH101) $9.95



Vertical In-Ear Acoustical Turbo Headphones
They're fashionable to wear and don't block outside sounds. They just fill your ears with quality sound from the 14.8mm Samarium-Cobalt drivers. Comes with goldplated mini-plug and adapter. Frequency Response 20-20,000 Hz. Sensitivity 97 dB. 30mW.
(SH102) $24.95

Open-Back Full-Size Headphones
High-quality headphones feature 30mm Samarium-Cobalt drivers, titanium-plated mylar speakers, CCAW voice coils, and gold-plated plug and adapter. Frequency response 20-28,000 Hz. Sensitivity 106 dB. 6½-foot cord. 100mW. **(SH103) $38.95**

Full-Size Pro Monitor Headphones
First-class listening over an extended frequency range with professional quality headphones. Full size fully enclosed phones with 40mm Samarium-Cobalt drivers, titanium-plated mylar speakers, CCAW voice coils and gold-plated plug and adapter. Detachable 10-foot single side cord. Frequency response 20-28,000 Hz. Sensitivity 100 dB. 100mW maximum power input.
(SH104) $59.95

TO ORDER CALL 1-800-456-9887

A Message from Michael Hutchison

Dear Friends,

Peak performance. Mastery. "Waking up." Flow. We've all experienced those times when our entire being seems to shift into a higher gear. Most of us would like to be in this heightened state as often as possible. However, as most of us have discovered, it's no easy thing to enter these peak performance domains at will.

Recent breakthroughs in neuroscience and microelectronics have allowed scientists to "map" the brain in action. The results show that peak states are clearly linked to very specific patterns of brain activity. Guided by this information, scientists are now using advanced technology to create new "mind machines" that teach us how to achieve those desired brain patterns, allowing users rapid access to peak performance brain states.

This new field of *mind technology* is evolving rapidly, with new tools constantly emerging. Increasingly they're marketed in splashy magazine advertisements under breathless headlines that claim "Instant Meditation!" and urge you to "Supercharge Your Brain!" and "Meditate Like a Zen Monk in 28 Minutes!" With such a profusion of claims and scads of mind machines that seem vaguely similar, yet vary in price by hundreds of dollars, you may wonder: *Can these products really deliver what they claim? Which ones are best? How do I separate the facts from the hype?*

The Hutchison Guide to Mind Technology is an attempt to answer these questions. I've been investigating and writing about mind machines for over ten years now — talking with scientists and inventors, sifting through published and unpublished research, spending thousands of hours exploring and experiencing all the products first-hand, observing and talking with others who use them.

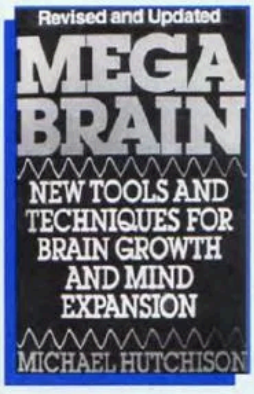
This guide contains a selection of the brain machines that I have found to be the most effective. I emphasize that it's not a "complete" guide but highly selective — I have included only those that I have found to be effective, well-made, and provide excellent value for the money. **Tools For Exploration** and Terry Patten have given me total freedom in this selection process. I've chosen only the machines I think are the best, and I'll tell you why.

If we're going to use machines to amplify and enhance our own natural growth processes, it's important that we use quality machines and not be led down the wrong path by hype. The use of technology to enable us to draw upon a greater portion of our potential brain power may be an important step in our personal evolution. Well worth doing. So . . . worth doing well.

More light!

Michael Hutchison

NEWLY UPDATED AND REVISED



The Book That Spawned the Revolution:

MEGABRAIN
By Michael Hutchison

The book that triggered this worldwide brain machine revolution is MEGABRAIN. The book is fun to read and full of fascinating information. It has been praised by readers ranging from neuroscientists ("information-packed . . . excellent," says Dr. George Adelman, M.I.T., editor of the *Encyclopedia of Neuroscience*) to journalists (*Longevity* magazine calls it "the industry's Bible"), and is recognized as a groundbreaking work that has spurred new research and served as a catalyst for the explosion of what is now being called the Megabrain Revolution. Paperback 380pp **(NB201) $5.99**

What people are saying about *MEGABRAIN*

"Hutchison's review of neuroscience is all-encompassing . . . lucid . . . Hutchison goes into every nook and cranny of neuroscience . . . In his writings . . . [we] can begin to discern what lies around the curving road to the future . . ."

— Roy H. Hart, M.D., The Psychiatric Times

"MEGABRAIN portends a revolution in adult learning."

— Ron Gross, author of The Lifelong Learner, The Independent Scholar's Handbook

"MEGABRAIN is the most important book of the 1980s!"

— Robert Anton Wilson, author of Prometheus Rising, Schrodinger's Cat, Illuminatus Trilogy

How BioCircuits Can Quickly Boost Your Feeling of Well-Being and Transform Your Energy

Lie on these easy-to-use tools for only 15-30 minutes and your entire body-mind feels calmer, more peaceful and balanced. Developed in the early 20th century by L. E. Eeman, BioCircuits are based on a simple but universal principle: When certain of the body's energy centers are linked together, the body's natural energy flow is profoundly enhanced. By harmonizing this flow of life-energy in and around the body, tension and bodily stress seem relieved.

BioCircuits help you draw your body and mind into deep relaxation and refreshment. Your natural energies flow naturally into balance as you move into profound states of realignment and rejuvenation. These powerful tools for self-harmony can also be used to facilitate meditative exploration, personal growth, and inner work of almost any kind. Unlike most treatment processes, the BioCircuit puts you, the user, in charge of feeling and transforming your own natural energy. Learn to naturally:

- Relieve daily stress
- Alleviate travel fatigue
- Refresh and realign your energy
- Improve meditation and visualization
- Enjoy mid-day catnaps or deeper sleep at night
- Make other treatment modalities more effective
- Enhance your experience of audio tapes, brain machines and other tools

"BioCircuits are dynamite! They serve a wonderful purpose on so many different levels. I have set up a whole room just for using BioCircuits. The best thing about them is that they do not use any outside energy source. They are so simple, and yet so powerful!"

— Julian Jonas, Lic.Ac., Saxon's River, Vermont

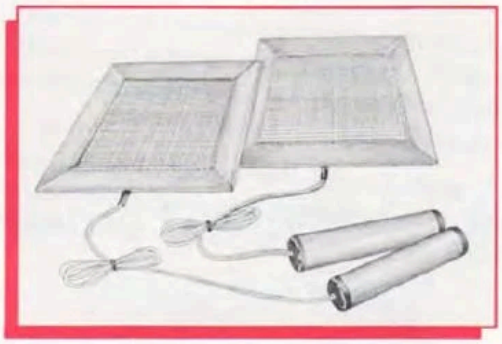
BioCircuits: Amazing Tools

Powerful Energy Balancing

THE COPPER BIOCIRCUIT™

Copper BioCircuits combine balance with *oomph*. We recommend them for a first experience. Use them while falling asleep, when stressed-out, or just to become sensitive to feeling life-energy moving through your body. With just 30 minutes on a Copper BioCircuit you can transform your energy flow. Kit includes:

- 100% copper screens, wires and handles for forming the Eeman General Relaxation circuit
- Full instructions and a special audiotape with voice, music and brain synchronization signals. **(BT001) $49.95**

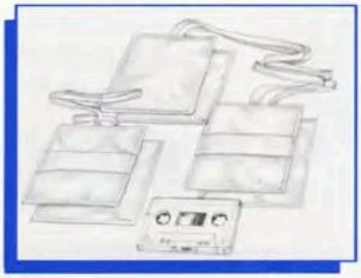


Smooth, Soft and Subtle

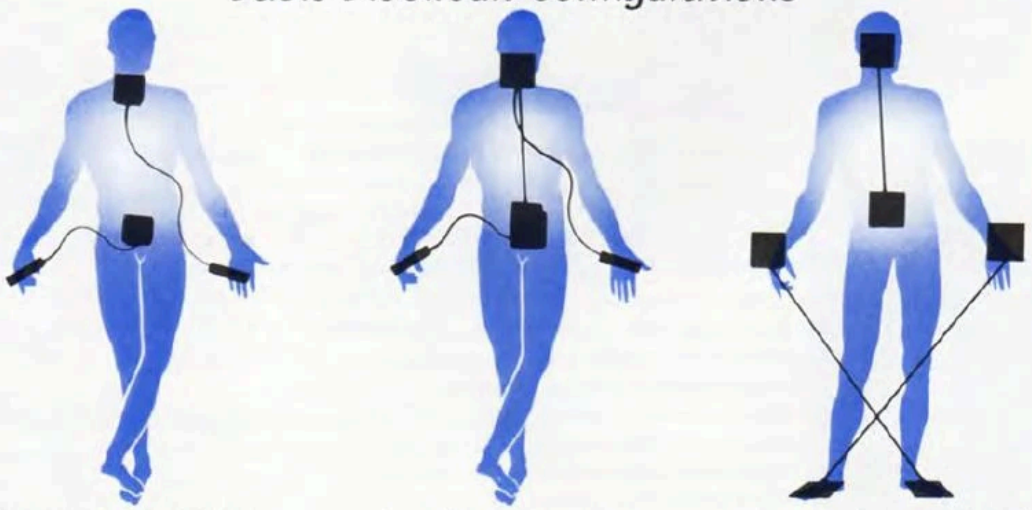
THE SILK BIOCIRCUIT™

Silk is wonderful for people with extreme sensitivity, for long BioCircuit sessions, or for sleeping in circuit. It is gentler, subtler, smoother, and "higher" than the Copper BioCircuit. Excellent for meditative inner exploration and personal growth. The waves of relaxation seem to go on forever.

- Constructed according to Peter Lindemann's strict guidelines, from 100% silk together with 100% cotton
- Forms the Eeman General or Optimal Relaxation Circuit or the Lindemann Centrally Symmetrical Circuit.
- Includes full instructions and a unique audiotape with voice, music and brain synchronization signals. **(BT002) $49.95**



Basic BioCircuit Configurations



Eeman General Relaxation Circuit *Eeman Optimal Relaxation Circuit* *Lindemann Centrally-Symmetrical Circuit*

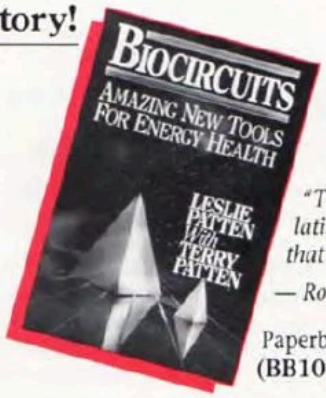
The three most important BioCircuit configurations. Lie on your back with the BioCircuit's Copper Screens or Silk Pads underneath your tailbone and head. Connect your feet (when appropriate) and grasp the handles. Relax completely, and feel the waves of energy!

TO ORDER CALL 1-800-456-9887

For Energy Balance and Flow

Learn The Whole Exciting Story!

Biocircuits: Amazing New Tools for Energy Health
By Leslie and Terry Patten



To get the most from your BioCircuit, read this book!

- Fun-to-read detail, including biocircuit history and research
- Practical exercises
- 30-day program for life-energy exploration

"The most exciting and stimulating work on holistic health that I have seen in many years."
— Robert Anton Wilson

Paperback 227pp
(BB101) $10.95

"Discovering the Copper BioCircuit has enabled me to resume a process of internal energy work I had done years ago. This work had been profound and truly changed my life. But until I discovered the biocircuits I hadn't been able to continue it. This has been very freeing. Plus, they're very simple and easy to use. Thank you."
— John DeWitt, East Nassau, NY

Silk or Copper: Which is Best?

Either one, depending on your mood and reason for using the BioCircuit. Usually, Copper offers a more distinct and powerful experience, while Silk produces a longer-lasting, subtler and smoother experience. If you are undecided, start with Copper. Later, use the Silk and notice the differences for yourself. Or, try the Silver BioCircuit for an experience that combines the qualities of both Copper and Silk and adds a unique difference.

Smoother Than Copper, Stronger Than Silk

THE SILVER BIOCIRCUIT™

The experience of using these Silver BioCircuits is even more complete and satisfying than using the Copper and Silk together. Their effect is not only powerful but also very pure. Beyond that, we observe a *constant* flow experience, as contrasted to both Copper and Silk, in which the experience builds up and releases in a series of "waves." (Interestingly enough, these *silver-plated* BioCircuits [over a Copper core] suggest that the biocircuit effect takes place on the surface of the metal, rather than at its core.)

- New lower price!
- Full three-part BioCircuit (like a regular Copper BioCircuit plus an Extra Copper Segment).
- Custom-made to order. Allow 2-6 weeks.
  (BT203) Was $199.95, **NOW $169.95**

Silver Substance Biocircuit

Due to popular demand, we now build a 3-part Silver BioCircuit with substance capacity. Custom-made. Allow 2-6 weeks.
(BT206) $225.00

Form Additional Biocircuits

EXTRA COPPER SEGMENT

With this extra copper segment, your Copper BioCircuit can also form:

- The Eeman Optimal Circuit
- The Lindemann Centrally Symmetrical Circuit

Also wonderful for linking the feet (which makes it unnecessary to cross the ankles). Package includes full instructions for both configurations plus footstraps.
(BT003) $20.00

A Word From Michael Hutchison

Biocircuits consist of flat pads usually made of copper or silk. Connected by copper or silk cables, they are said to enhance the flow or circulation of subtle energy or bioenergy throughout the body. They introduce no external electrical or magnetic energy to the body, but simply connect different parts of the body with simple copper or silk linkages.

The Copper BioCircuit system is said to produce the most powerful and easily discernable effects. An extra copper segment that links base of spine to the head, permitting the Eeman optimal circuit and other configurations, is available at extra cost. I strongly recommend that purchasers of copper biocircuits obtain this segment as well.

A recent double-blind scientific study showed that biocircuits had a variety of powerful effects, including producing states of profound relaxation. In my workshops and own personal experience, I've found that the devices seem to assist in balancing and energizing the system. They work synergistically with many of the brain machines.

— Michael Hutchison

Take it from an expert:

"In over fifteen years of professional practice as a psychologist and biofeedback specialist I have had access to a wide range of tools, including flotation tanks, bio-acoustic feedback tools, light-and-sound machines, cranial electro-stimulation, brainwave biofeedback systems, binaural beat synthesizers and tapes, and other auditory entrainment tools. During this time I have also had access to the much simpler biocircuit tool. I use it more than anything else. When I travel, I just take a pair of earplugs and my BioCircuit.

"Why? *They're so easy.* Also, they feel 'good for me' and the results are profound. It's that simple."

— Dr. George Fritz, noted biofeedback expert and author

We Knew It. Our Readers Knew It. Now There's Scientific Proof!

Double-Blind Study Confirms BioCircuit Effect

The conclusions are clear: BioCircuits produce objective, measurable results.

Dr. Julian Isaacs of John F. Kennedy University conducted a study using three identical-looking "biocircuit" blankets. One of the blankets was a true biocircuit, with screens and handles connected to form a copper relaxation "Supercircuit"; another blanket was an improperly-wired biocircuit, with screens and handles connected in a "tension" configuration; and the last blanket was a placebo, or "dummy" biocircuit, which looked no different from the others, but in which the screens and handles were not connected at all.

Initially Skeptical

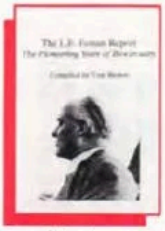
Dr. Isaacs began the study somewhat skeptical of the merits of biocircuits, and doubtful about the likelihood of obtaining significant results. "It seemed to me that the effects produced by the biocircuits, if in fact there were any effects, would probably be extremely subtle, and perhaps too subtle to show up in our measures. Also, we ran only twelve subjects, which I knew would make it difficult to obtain statistically significant results unless the results were very strong or very consistent."

Experimental Measures

Relaxation was measured using "convergent measures": measures of relaxation were combined with subjective measures to detect experiential qualities of the biocircuit experience. Objective measures included EEG (brain wave), EMG (muscle tension), EDG (skin electrical resistance), and TEMP (finger temperature). Subjective measures were drawn from a questionnaire in which

(Continued next page)

More BioCircuit Books



The Eeman Report: The Pioneering Years of Biocircuitry

Much useful, previously unavailable information on biocircuits. A compilation of many rare and important early biocircuitry publications, including works by Eeman, Button, Lindemann, and Eric Powell's wonderful book on the substance biocircuit.
Paperback 106pp
(BB103) $20.00

Cooperative Healing By L.E. Eeman

Out of print for decades, Eeman's magnum opus has been reissued in its entirety. This book describes 30 years of research into copper biocircuits. It emphasizes "Co-operative Circuits" in which two or more people are wired together. Paperback 395pp
(BB102) $30.00

L. E. Eeman stumbles upon one of the most important BioCircuit Tools

L. E. Eeman developed one of the most unique, important, and interesting of all BioCircuit tools, as a result of hundreds of experiments with substance biocircuitry.

The Substance BioCircuit allows you to insert any liquid solution into a biocircuitry connection via a specimen bottle. The guiding principle is a "vibrational" one: your own life-energy current flows into and through the chosen substance, and then back into your energy field, without contamination by external electrical or magnetic signals.

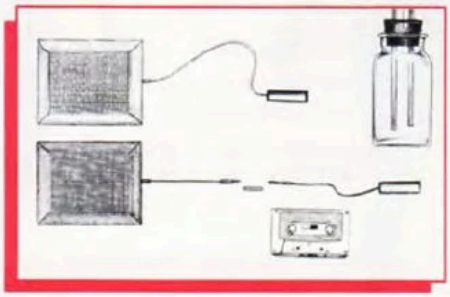
Some researchers believe that this is a supremely pure way to ingest a vibrational influence, and the body is able to accept vibrational information much more readily when it is delivered in this way.

What substances do people use? Almost any liquid or liquefied substance can be inserted in the biocircuit. Vitamin C, aspirin, one's own urine (for a less distasteful form of urine therapy), homeopathics, flower essences, herbal teas and tinctures, and food supplements have all been used with positive results. Substance biocircuitry is just in its infancy, so its applications are still being explored. Please contact us with your success stories so that we can share them with others.

Substance BioCircuit

The Substance BioCircuit: A two-part Copper BioCircuit modified to accommodate a substance bottle with stainless steel probes. By using the special connectors (included), the substance bottle can be integrated into the circuit, or bypassed when you choose to use it as a regular Copper BioCircuit.

Includes full instructions and a special audiotape with voice, music, and brain synchronization signals.
(BT004) $79.95

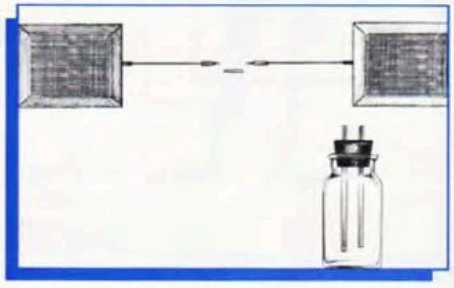


Substance Converter Segment

Transform your Copper BioCircuit into a Substance BioCircuit with this extra copper segment. It integrates a substance bottle with stainless steel probes into the circuit, inserting a substance bottle into the spinal connection of the Eeman Optimal Circuit.

- Add substance capability to your BioCircuit without duplicating what you already own.
- For the most convenient and flexible arrangement, combine this with the Full Copper BioCircuitry Setup.

(BT007) $59.95



TO ORDER CALL 1-800-456-9887

Big Savings

All specials include full instructions and a special audiotape with voice, music, and brain synchronization signals.

Only $59!

Our Basic BioCircuitry Starter Special

A Copper BioCircuit, plus the book *Biocircuits: Amazing New Tools for Energy Health*, plus *The Pattens on Tape* — a $69.88 value for only **$59.00 (SB101)**

Only $89!

Our Full BioCircuitry Starter Special

A Copper BioCircuit, an Extra Segment, a Bio-Circuit Carrying Pouch, the book *Biocircuits*, plus *The Pattens on Tape* — a $109.83 value for only **$89.00 (SB102)**

Only $109

Our Substance BioCircuit Special

A Copper BioCircuit, a Substance Converter Segment, the book *Biocircuits*, and *The Pattens on Tape* — a $129.83 value for only **$109.00 (SB103)**

A Lively Introduction to Biocircuitry

THE PATTENS ON TAPE

An audiocassette of Terry and Leslie Patten's stimulating, comprehensive introduction to the ideas and applications of biocircuitry, from their presentation at the 1990 Borderland Sciences Congress in Santa Barbara, CA.
(BB104) $8.98

Copper BioCircuit Home Builders' Kit For cooperative circuits, supercircuits, etc. This kit includes 4 screens, 2 copper tube handles, and 40 feet of high quality biocircuit wire. (Remember, you need to be handy and have tools and attachments.) Includes instructions.
(BT105) $29.95

Luxurious Cotton Chamois Pouches

FOR YOUR BIOCIRCUIT

- Exactly the right size and feel!
- Holds a Silk or Copper BioCircuit
- Room for your Extra Copper Segment.

(BT008) $19.95

"Frankly, I'm blown away . . . the effects I felt were very powerful."

— Dan Reynolds, former marketing director, The Monroe Institute

Supercircuits: We Saved The Best For Last!

Employ every possible beneficial connection! The SuperCircuit links the top and bottom of the spine with both feet and both hands, catalyzing a profound biocircuit experience throughout the body.

- Attractive: all the parts are sewn into a handsome quilted blanket
- Eliminates tangled wires or ribbons
- Custom-made, long-lasting, and high quality
- The "ultimate" BioCircuit
- Individually created to fit those who will use it

Copper SuperCircuit — The Copper SuperCircuit is enclosed in a comfortable quilt with adjustable handles and foot screens. Custom-made. Indicate height of person using it. Allow 4-6 weeks.
(BT201) $350.00
Including **Substance BioCircuit Connection (BT204) $400.00**

Silk SuperCircuit — The SuperCircuit in *Silk*, sewn into a flannel blanket to fit whatever size users you specify. Custom-made. Indicate height of person using it. Allow 4-6 weeks.
(BT202) $300.00

OR USE ORDER FORM ON PAGE 75

(Continued from previous page)

subjects compared their experiences on each of the three "biocircuits."

Experimental Design

Twelve subjects participated in the study, each undergoing four separate trials: one with a regular undisguised copper biocircuit to familiarize them with protocol, and one with each of the three blankets. The sequence was randomized so that each blanket was used an equal number of times in the second, third, and fourth trials. To minimize effects from variations in energy level which take place during the day, each subject's sessions were conducted at the same time of day.

Results and Conclusions

The results were presented at the first annual meeting of the International Society for the Study of Subtle Energy and Energy Medicine (ISSSEEM). Here are just a few of the findings:

(1) The subjects in the real biocircuit experienced significantly more sleep, trance, and deep hypnagogic brain states.

(2) Muscles of the subjects using the real biocircuit relaxed significantly more deeply.

(3) Without knowing which "biocircuit" was real, 12 of 12 subjects identified the real biocircuit as more relaxing than the dummy.

(4) Without knowing which "biocircuit" was real, 10 of 12 subjects identified the real biocircuit as more effective than the dummy.

(5) Without knowing which "biocircuit" was real, 10 of 12 identified their experience with the real biocircuit as more extraordinary than their experience with the dummy.

(6) Significantly more subjects reported subjective sensations of warmth during their sessions when they used the real biocircuit than the dummy.

(7) The chance of obtaining these results simply by chance are less than 1 in 5000.

An additional note: Dr. Isaacs was so impressed with biocircuitry and Tools For Exploration that, several months after this independent study was completed, he agreed to join Tools For Exploration as our new Director of Research.

NEW! Awaken Within the Dream! Learn Lucid Dreaming

Pictured in color on page 3

THE DREAMLIGHT®

"Awake within the dream" — we've heard this phrase before as a metaphor for spiritual enlightenment. But what about taking it literally — experiencing alertness and control while *simultaneously remaining fully asleep and experiencing the world of dreams?*

Inspiration, Growth, and Improved Performance

Users of the DreamLight® report increased frequency (or first experiences) of lucid dreams. And lucid dreaming is a breathtaking adventure. You can find out how it feels to fly, to be rich, famous or powerful, to scale the highest mountain, to visit exotic places — or other worlds! In your dreams you can fulfill your wildest fantasies. Or you can use lucid dreaming to help make your dreams come true in real life!

Besides being tremendously enjoyable, lucid dreaming is a powerful tool for learning to be your best. Go directly to the creative source of inspiration in your subconscious. Realize new ideas and solve problems. Practice and improve skills, often with dramatic results — in sports, musical performance, dancing, speaking, surgery, computer programming, and more. Face and overcome feelings that may be hampering full effectiveness and freedom elsewhere in your life.

Awe-inspiring Freedom

The flash of sudden clarity can transform a dream into a revelation. One lucid dreamer described feeling a sense of freedom "as never before." At this point, a thought presented itself with such undeniable force that he was driven to declare: "I have never been awake before."

Another lucid dreamer's experience was so intensely blissful that she was left with "a feeling of bubbling joy" that persisted for a week or more. Another lucid dreamer awoke "filled with vibrant energy . . . ready for anything." The literature surrounding lucid dreaming is filled with expressions of insight, revelation, renewal, and pleasure.

Dr. Stephen LaBerge's Discoveries

Dr. Stephen LaBerge is the world's most respected authority on lucid dreaming. His pioneering research at the Stanford Sleep Center proved the reality of the lucid dreaming phenomenon. He later went on to develop and demonstrate the learnability of lucid dreaming. LaBerge has written, "Lucid dreaming has considerable potential for promoting personal growth and self-development, enhancing self-confidence, improving mental and physical health, facilitating creative problem-solving, and helping you to progress on the path of self-mastery."

The Amazing DreamLight

Now, after years of research, Dr. LaBerge's laboratory research has produced The DreamLight — a product that can help you to enter into the world of lucid dreaming. The DreamLight is a specialized computer system that monitors your sleep, determining when you are in the REM (Rapid Eye Movement) sleep state, which is when dreaming occurs. While you are in REM, the DreamLight alerts you to notice that you are dreaming with a gentle light or sound cue, which serves as a gentle "tap on the shoulder" to alert you that "this is all just a dream." You simply wear a soft comfortable eye-mask which is connected to a Walkman-size control unit.

- **Breakthrough technology for personal growth**
- **Full Lucid Dreaming Training Course**
- **Developed and endorsed by Dr. Stephen LaBerge**
- **Two-year Membership and Newsletter from Lucidity Institute**
- **Major price reduction**

Advanced Technology + Human Engineering

This is a truly advanced, unique product. In it you find patented breakthrough technology combined with first-class electronics engineering, employed in a way that reflects in-depth understanding of the states of sleep and lucid dreaming. It incorporates a patented, infrared sensor. After a few minutes of REM, during which we dream, the DreamLight offers its gentle cue. The product is fully programmable, so it can be adjusted several different ways to accommodate the unique patterns of each individual. It offers digital storage of 10 nights of data, permitting you to observe your sleep patterns. And it offers an expansion port with interface capability allowing connection of the DreamLight to computers and other accessories.

Bonuses, Guarantees, A Price Reduction, Plus Full Support

You will be happy with the results. *It's guaranteed!*

Number One, you'll get the support you need. You will receive training and support in DreamLight use, a 2-year membership in the Lucidity Institute, and a 2-year subscription to its quarterly newsletter, *NightLight*. This includes answers to your questions and a course in learning to *do* lucid dreaming.

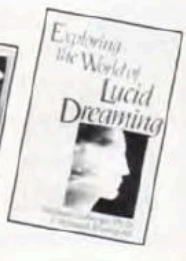
Number Two, you receive Tools For Exploration's 30-Day Guarantee. If you are dissatisfied for any reason, return your DreamLight in new condition for a refund (minus a $150 handling fee — the Home Study Course is nonreturnable).

Number Three, the Dreamlight's retail price is $1299.95 but you can obtain it from Tools For Exploration at the greatly reduced price of only $999.95! (Allow an extra two weeks for delivery.)

The DreamLight® (NM221) Normally $1299.95, Now $999.95

Books About Lucid Dreaming by Steven LaBerge, Ph.D.

These two books by lucid-dreaming pioneer Stephen LaBerge, Ph.D. (the second in collaboration with Howard Rheingold) document years of scientific research and extensive direct personal exploration of that most magical moment in consciousness, the condition which has become the most widely-used metaphor for enlightenment itself: becoming awake within the dream. The first book, *Lucid Dreaming*, describes the lucid dreaming phenomenon and LaBerge's pioneering research into it. The second book, *Exploring the World of Lucid Dreaming*, is a practical resource for the dream-explorer with detailed information on how one can learn to begin lucid dreaming and use it for growth, self-understanding and fun.



Lucid Dreaming Paperback 304pp (NB116) $5.95

Exploring the World of Lucid Dreaming Paperback 335pp (NB117) $5.95

TO ORDER CALL 1-800-456-9887

THE "OTHER 90%" OF YOUR BRAIN?

It's only 10 A.M. and already it's "one of those days." The kids wrapped their lunches in your (still unfinished) tax return; you got a speeding ticket. But mainly, you're tired.

"C'est la vie," you try telling yourself. "Don't let it get to you." But it does. Each day's like sledding uphill.

You want freedom. But not without security. You want to be fit, healthy, thinner. But no gonzo "programs" or diets please. You want . . . you want . . . and while you're wanting both, you're quickly getting neither.

The car radio starts playing the Everly Brothers' "Wake Up Little Susie."

Your shoulders relax. Suddenly, you're a kid playing ball at the park with Dad on the weekend, the Everly Brothers singing from a car in the parking lot.

You're telling him, "I just can't hit it, Dad!" Same then, same now.

But then he said, "Yes you can." He's smiling. "Just relax. Watch the ball. No need to tense up. You swing right *into* it."

Pretty soon, you were doing it. Incredible. It was a revelation.

A deep breath, and the present day comes back into focus. But differently. You see through it, for a change. And you notice some . . . no, a lot of new choices.

We offer advanced tools for reminding you of who you've been all along. So that you can start making your new choices now.

SOME PRODUCTS YOU MAY ENJOY . . .

Powerful hypnotic audiotapes from:	Page
Neurosonics	12
HPP	13
Changeworks	14
Paraliminal	15
Tapes from:	
Acoustic Brain Research	7
Centerpointe Research ("The End")	19
John-David	24
Dr. Thomas Budzynski	36
Alphasonics Subliminals	21
Dr. Eldon Taylor's Subliminals	23
Video Seminar from The Sedona Institute	26
Audible Self-Talk tapes	27

All these tapes can be especially powerful when used with BioCircuits, Light & Sound machines, or The Stress Shield.

Lucid dreaming can wake up your whole being. Consider **The Dreamlight** (opposite).

The Cutting Edge of Stress Control

DR. THOMAS BUDZYNSKI

Dr. Budzynski, the renowned biofeedback and stress-management pioneer, has teamed with Master NLP Practitioner Jerry Mader and Cognitive Therapist Richard Reinking on the Cyborium series and with his wife, Dr. Laurence Doche-Budzynski, Ph.D., a practicing psychotherapist, on the Revitalizer tape.

The Revitalizer™

- The great 10-minute stress break!

The perfect self-help audiotape for the '90s, based on the latest in neurotechnology, *is just 10 minutes long*, so even the busiest people can actually use it. Biofeedback and brain-mapping research proves it really works. Using left/right affirmation tracks designed specifically to address each brain hemisphere, complex dual-track "prompting" techniques, and frequency tones that teach you to relax and then reawaken, it leaves you feeling more refreshed and de-stressed, thinking clearly and feeling great.
Cassette (TB202) $14.95

Cyborium 2010™

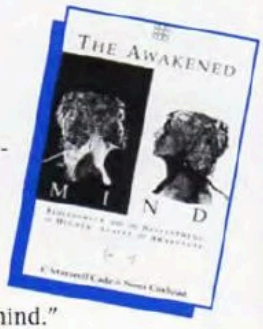
- Change negative thoughts to positive ones

This extraordinary, state-of-the-art series helps you develop relaxation skills and learn to control your cognitive processes to reduce fear, enhance self esteem, and cope with even the most extreme stress. Carry your goals into theta states for truly efficient self-programming, with a life-enhancing combination of left-right whisper-affirmation tracks, positive metaphors and guided images in six different voices. Hypersynch binaural tones help you achieve optimal absorption. A skillfully written "Primer" guides you to truly remarkable results. **3 tapes + manual (TB201) $49.95**

SPECIAL:
The Revitalizer and Cyborium 2010 for only $59.95! (TB203)

The Awakened Mind

The Awakened Mind
Biofeedback and the Development of Higher States of Awareness
by C. Maxwell Cade and Nona Coxhead



C. Maxwell Cade, a great pioneer in the study of higher states of consciousness, developed the "Mind Mirror," a full-spectrum brainwave biofeedback machine that allowed real-time observation of the activity of both hemispheres of the brain simultaneously (see page 48). This book documents his lifelong study of meditation and higher states of consciousness. As you get to know this great, sensitive explorer, you can examine his findings about states of consciousness and understand what he means by "the awakened mind."
Paperback 275pp **(TB231) $14.95**

The Awakened Mind
Audiotapes by Anna Wise

Anna Wise, the longtime personal assistant of pioneering British biofeedback researcher C. Maxwell Cade, is today's leading authority on the interpretation of Mind Mirror patterns (see page 48). She is also the leading teacher of processes for altering brainwave activity to attain such high-performance meditative brain states as the "Awakened Mind" (in which both hemispheres of the brain simultaneously produce beta, alpha and theta activity). Her audiocassettes teach people to begin to access and master the Awakened Mind brainwave pattern through a variety of easy-to-follow techniques, including deep relaxation, guided imagery, meditation and mental exercises. Binaural beat frequencies help elicit the desired states, including "the awakened mind."

The Awakened Mind Series — 2 Cassettes (Relaxation & Theta Development / Beta Mastery & Alpha Development)
(TB221) $24.95

Learn Zen Attention Control

OPEN FOCUS

The Zen-like practice of "Open Focus" training was developed by Dr. Les Fehmi (designer of the Brainwave Biofeedback Synchronizer and director of the Princeton Behavioral Medicine and Biofeedback Research Institute). It is, says Dr. Fehmi, "a unique exercise in the production of objectless imagery, relaxation, and the expansion of focused attention. The resultant multi-modal broadening of awareness facilitates the learning of self-control procedures of all types." Applications include training in biofeedback, stress management, pain control, and peak sports performance.

The Open Focus Handbook
by George Fritz, Ed.D., and Les Fehmi, Ph.D.

Learn the Open Focus technique of managing and optimizing attention and transferring attention skills to everyday life. This book also discusses a multitude of applications for the technique, including stress and pain management training, learning preventive health care, and biofeedback. Paperback 149pp
(TB301) $24.95

Open Focus Audiotapes

Dr. Les Fehmi's tape series will help you achieve the Open Focus state of whole-brain synchrony.

I have personally found these tapes extremely effective. EEG evidence confirms that they can teach people to achieve Zen-like states. Written and recorded introductory descriptions of the technique and a written study guide for the user come with the series, along with a report for the clinician. The entire 12-tape program leads sequentially from a basic introduction through learning advanced pain control. (Tapes 7 and 8 are not part of this series.)
12-cassette album (TB313) $109.95
Tapes 1-6 (TB311) $59.95 Tapes 9-14 (TB312) $59.95

TO ORDER CALL 1-800-456-9887

Biofeedback Tools

America's best-selling drugs (Valium, Tagamet, and Inderal) all treat aspects of stress. There's a better way to beat stress — and bring yourself more in tune with your own body: biofeedback.

Biofeedback uses electronics to make you aware of your subtle biological responses to emotions, and to help you learn to control them.

Every time the brain perceives some change, the autonomic nervous system produces immediate physical responses. Along with changes in blood pressure, heart rate, and neurochemicals, the moisture of the skin changes, and this affects its electrical conductivity: this is the famous Galvanic Skin Response, the basis of the "Lie Detector."

The Basic GSR2 Biofeedback System

The GSR meter instantly and accurately measures these changes to determine your emotional and physical arousal — a key to learning how to "feel" (and control) what is going on deep in your body and mind.

The new GSR 2 is small, attractive, and well-designed. Simply hold it in your hand — no straps or electrodes to attach — resting two fingers on the sensing plates. It turns itself on automatically at the touch of your fingertips and emits a tone. The more stress you feel, the higher the tone. Not only can you learn about your stresses and reactions, but by using relaxation techniques (learned from the included materials or other consciousness-altering devices), you'll discover how to alter the tone and relax. You can even learn to overcome phobias or stress-triggered habits (smoking, overeating, substance abuse, etc.) by visualizing your stressors and learning to keep the tone from rising. You'll find yourself gaining control of your life, and you'll find your life changing.

See also pages 68 and 77.

Basic GSR 2 Biofeedback System

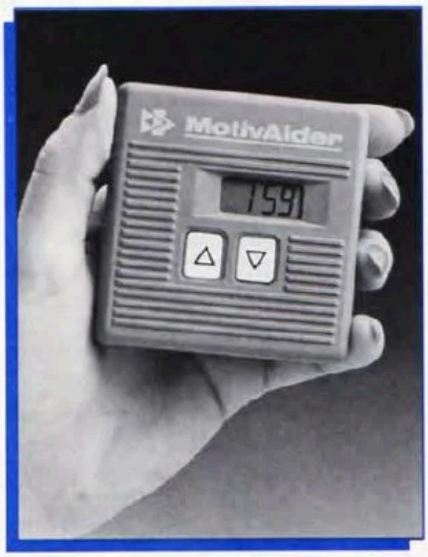
The GSR 2 biofeedback unit, plus an instructional cassette on using it for positive change.
GSR 2 plus 1 cassette
(BG101) $59.95

Deluxe Biofeedback System

Stress also causes cold hands. Along with GSR, a sensitive sensor precisely monitors hand temperature (to 1/20 degree F) to provide a powerful self-awareness tool. You can choose either audio tone or visual meter biofeedback of either GSR or temperature, with reversal of direction, so you can hear either indicator as a lowering of the feedback tone. Very high customer satisfaction.
(BG150) $139.95

The Power to Follow Through

MOTIVAIDER™



The MotivAider is used by:
- **Athletes to improve form**
- **Workers to avoid injuries**
- **Children to unlearn habits**
- **Anyone to change in any way!**

It's true: even though people vow to change, they often backslide. It's hard to stay vigilant and really follow through.

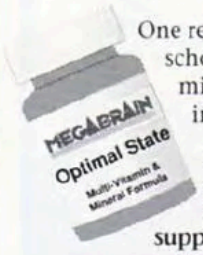
But with the MotivAider you'll never forget! You wear it on your waist and it quietly vibrates — as frequently as every minute, or as seldom as every 2-3 hours.

Whether you want to sit straighter, breathe deeper, relax, drink more water, untense your jaw, adjust your athletic form, remember God, focus on bottom-line business priorities, smile, show affection, or perform isometric exercises — the MotivAider will remind you, so you really will follow through!

Invented by a clinical psychologist, it's now widely used by professionals to remind clients, students, athletes and employees to implement the habits they really want. Includes belt clip, battery and QuickStart instructions.
(MD601) $59.50

OR USE ORDER FORM ON PAGE 75

Megabrain Optimal State Multi-Vitamin & Mineral Formula



One recent scientific study reported that English schoolchildren on a diet supplemented with vitamins and minerals for only 13 weeks showed IQ increases averaging more than 11 points.

Our guaranteed-fresh Megabrain Optimal State contains an excellent mixture of high-potency ingredients, **including many that most supplements omit.**

- **Well-rounded high-potency multiple vitamin/mineral formula**
- **Complete Stress B Complex**
- **Natural Vitamin E**
- **"Ascorbate" Vitamin C (best assimilated & absorbed)**
- **HCL to help you utilize all nutrients**
- **A balanced preventative formula**

Six tablets contain:

Vitamin A (Palmitate, Water Dispersible)	10,000 I.U.
Beta Carotene (Vitamin A Activity)	15,000 I.U.
Vitamin D-3	100 I.U.
Vitamin E (d-alpha Tocopherol Succinate)	400 I.U.
Vitamin C (Ascorbic Acid, Corn Free)	1,200 mg.
Vitamin B-1 (Thiamine HCl)	100 mg.
Vitamin B-2 (Riboflavin)	50 mg.
Niacin	40 mg.
Niacinamide	150 mg.
Pantothenic Acid (d-Calcium Pantothenate)	500 mg.
Vitamin B-6 (Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	100 mg.
Vitamin B-12 (on Ion Exchange Resin)	100 mcg.
Folic Acid	800 mcg.
Biotin	300 mcg.
Choline Citrate/Bitartrate	150 mg.
Inositol	100 mg.
Citrus Bioflavonoid Complex	100 mg.
PABA	50 mg.
Calcium (Citrate & Ascorbate Complex)	500 mg.
Magnesium (Aspartate & Ascorbate Complex)	500 mg.
Potassium (Aspartate Complex)	99 mg.
Zinc (Picolinate)	25 mg.
Manganese	20 mg.
Iodine (Kelp)	200 mcg.
Chromium GTF (Organically bound with GTF activity — Low Allergenicity)	200 mcg.
Selenium (Organic Selenium in Amino Acid Complex and Kelp)	200 mcg.
Molybdenum (Amino Acid Complex)	100 mcg.
Vanadium (Amino Acid Chelate)	50 mcg.
Boron (Aspartate/Citrate Complex)	1.5 mg.
Trace Elements (from Sea Vegetation)	approx. 100 mcg.
N-Acetyl-L-Cysteine/ L-Cysteine HCl	200 mg.
DL-Methionine	62.5 mg.
Glutamic Acid HCl	25 mg.
Betaine HCl	150 mg.

Megabrain Optimal State: 180 Tablets (FV101) **$24.00**

NEW!

Megabrain N-A-C

New, high-quality Megabrain N-A-C replaces Megabrain Glutathione because its new ingredient, N-Acetyl L-Cysteine (N-A-C), an amino acid precursor to glutathione, has been found to be as effective as glutathione with even better bioavailability. And it costs less! So there's more protection with less expense.

Glutathione is a powerful antioxidant and detoxicant that can increase the flow of blood and oxygen to the brain. It fortifies the body's natural defenses and also apparently helps detoxify the body by "scavenging" heavy metals, alcohol, nicotine, and other toxins in the blood, organs, and cells. Although found in all cells, glutathione levels are 20-34% lower in aging cells than in young cells.

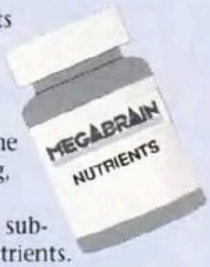
- **Powerful anti-oxidant**
- **Supports detoxification**
- **Linked to enhanced cognition**

Megabrain N-A-C
60 capsules (250mg of N-Acetyl L-Cysteine)
(FV107) **$14.00**

Megabrain™ Nutrients

"Today it seems very likely that the assumption that there is a basic cause of aging is correct and that the sum of the deleterious free radical reactions going on continuously throughout the cells and tissues is the aging process or a major contribution to it."

— Denham Harman, M.D., University of Nebraska



Many exciting recent scientific experiments indicate that ingesting certain non-toxic, non-prescription natural nutrients may help improve our mental functioning.

After reading in scientific journals about the dramatic results researchers were achieving, Michael Hutchison decided that *somebody* should draw attention to these remarkable substances. So arose the idea of Megabrain Nutrients.

- **Hypoallergenic, yeast-free, & dairy-free**
- **Vegetable-based, free of artificial additives**
- ***Freshly* made, cold-processed, without added preservatives**
- **Form, balance & potency designed for optimal uptake**

Megabrain Ultra Anti-Oxidant

Our powerful Megabrain Ultra Anti-Oxidant contains a variety of substances absent from other anti-oxidant formulas, including pycnogenol, DMG, glutathione and N-acetyl-l-cysteine.

In a base of specially selected young sprouts supplying superoxide dismutase, catalase and glutathione peroxidase. Low allergenicity — free of wheat gluten.

- **Antioxidants help retard aspects of aging**
- **Complete, balanced, synergistic nutrients**
- **Helps defend against harmful free radicals**
- **Helps counter oxidant pollutants (pesticides, toxins, etc.)**
- **Helps guard against sunlight radiation**
- **Top quality, state-of-the-art formula**

Three capsules contain:

Vitamin C (Ascorbyl Palmitate/Calcium Magnesium Ascorbate Complex)	250 mg.
Bioflavonoids (Lemon)	200 mg.
Hesperidin	20 mg.
Rutin	10 mg.
Pycnogenol	5 mg.
Vitamin E (d-alpha Tocopherol Succinate)	150 I.U.
Beta Carotene (Vitamin A Activity)	10,000 I.U.
Vitamin B-1 (Thiamine HCl)	40 mg.
Vitamin B-2 (Riboflavin/Riboflavin-5-Phosphate)	20 mg.
Vitamin B-3 (Niacin 10 mg./Niacinamide 10 mg.)	20 mg.
Vitamin B-5 (Pantothenic Acid/Pantetheine)	40 mg.
Vitamin B-6 (Pyridoxine/Pyridoxal-5-Phosphate)	20 mg.
Inositol	50 mg.
Choline Citrate	100 mg.
Zinc (Picolinate)	15 mg.
Selenium (Sodium Selenate)	50 mcg.
Glutathione	50 mg.
N-Acetyl-L-Cysteine	200 mg.
DL-Methionine	100 mg.
Dimethylglycine HCl	25 mg.

Megabrain Ultra Anti-Oxidant Capsules: 50 caps (FV102) **$20.00**

TO ORDER CALL 1-800-456-9887

Once he'd determined the most advanced formulations, aided by other nutritionists, the goal was to ensure that the Megabrain Nutrients would utilize the finest laboratory methods and the purest, freshest ingredients.

All Megabrain Nutrients are of the very highest quality.

A Note from Michael Hutchison

The substances in Megabrain Nutrients can encourage your brain's best functioning.

Of course, peak mental performance also depends on minimizing the toxins and free radicals in the body and optimizing the system's capacity to detoxify itself. Therefore, the Megabrain Nutrients include not only the best nutrients for aiding cognition-enhancement, but also several compounds intended primarily to provide your body with effective nutrients, antioxidants and detoxifying agents.

What you see is an interactive, synergistic nutrient system for your whole body and mind.
— *MH*

NEW LOW PRICE

Megabrain Ginkgo Biloba

Ginkgo Biloba extract comes from the world's oldest living tree — it has survived for 250 million years. Its hardiness and resistance to disease are legendary; it was the first plant to bloom after the atomic bomb fell on Hiroshima, growing just months later within 100 yards of the bomb's landing site!

- **Central to a balanced cognition-oriented nutrition program**
- **Associated with memory enhancement, mental clarity and brain circulation**
- **Fresh, high quality concentrated Ginkgo extract**
- **A minimum of 24% total ginkgoflavonglycosides & 6% total terpenes**

Ginkgo extract helps increase highly desirable alpha states associated with absence of stress, relaxation and calm alertness — a natural "nootropic." It is also highly valued for its powerful antioxidant properties — particularly in helping neutralize free oxygen radicals produced in the eye.

> *"Ginkgo specifically enhances circulation to the microcapillaries . . . This means that ginkgo may be the most effective remedy known for many of the 'side effects' of aging, such as short-term memory loss [and] slow thinking and reasoning . . ."*
>
> *— Ross Pelton, R.Ph., Ph.D., author, Mind Food and Smart Pills*

Our new formulation supplies 40mg. of extremely high quality *concentrated* Ginkgo extract, cutting your cost for this super brain food *in half!*

Megabrain Ginkgo: 90 capsules (40 mg.) **(FV104) $22.00**

Megabrain Power DMG

Many studies of athletes have shown that pangamic acid helps increase endurance, strength, and oxygen transport via the blood to the heart and the brain.

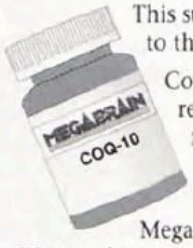
Of the variety of DMGs now on the market, we believe ours is the most pure and powerful, free of additives and fillers. Each tablet is wrapped in an individual foil packet for freshness. Dissolve it under your tongue. It works. If I take two or three tablets in times of stress, I feel a tremendous surge of mental and physical energy.

Megabrain Power DMG-125: 60 individually wrapped foil tablets of 125 mg. **(FV103) $16.00**

- **High-purity sublingual for maximum assimilation**
- **Helps boost energy and combat stress**
- **Widely used by athletes**

> *". . . DMG is a metabolic enhancer . . . it maximizes the amount of energy produced for each molecule of oxygen consumed, and stimulates both branches of the immune system. DMG is an ergogenic nutrient; that is, it helps produce energy or improved physical stamina."*
>
> *— Richard A. Passwater, Ph.D.*

Megabrain CoQ-10



This substance is, in essence, energy: It's a vital catalyst to the creation of energy on a cellular level.

Considered by many to be a "Miracle Nutrient" as a result of research in both the US and in Japan. In fact, excitement about CoQ-10 is so strong that there are 252 CoQ-10 preparations sold in Japan by 83 companies!

Megabrain has formulated CoQ-10 tablets that contain 25 mg. of pure CoQ-10, potentiated with 250 mg. of Vitamin C.

- **CoQ-10 is present in every cell in the body**
- **Natural CoQ levels decline with age**
- **Powerful anti-oxidant**
- **Involved with energy-generation at the cellular level**
- **CoQ-10 is needed to revitalize cells**

Megabrain CoQ-10: 60 capsules (25 mg., + 250 mg. Vitamin C) **(FV105) $19.00**

> *"CoQ-10 is an essential nutrient that supplies the biochemical 'spark' that creates cellular energy. Without it, various mechanisms in the body quickly begin to fail."*
> *— Dr. Emile G. Bliznakov, President and Scientific Director, Lupus Research Institute*

OR USE ORDER FORM ON PAGE 75

Light & Sound

Ancient rituals and techniques for entering heightened states often involved both rhythmic sounds — in the form of drum-beats, rattles, clapping or chanting — and flickering lights, produced by sunlight, candles, torches and bonfires.

Today, Light and Sound (L/S) machines are the most popular of the new tools. There are now well over 30 different models on the market. They all have three basic components: 1) a small, often Walkman-sized control unit, 2) goggles or eyeglass frames that position tiny lights in front of each eye, and 3) stereo headphones. The control unit is a sophisticated micro-computer that regulates the intensity and frequency of the flickering lights and rhythmic pulsing sounds. Most control units have been programmed to store a variety of "preset" sessions or programs — combinations of light and sound frequencies designed to help you reach desired states, ranging from sleep to relaxation to heightened concentration to improved learning and others. More advanced units allow the user to create his or her own programs.

Most first-time users are astonished by the kaleidoscopic stream of brilliant patterns and images produced by the flickering lights. The visions that appear can be spectacular, in unearthly hues ranging from bold primary colors to intricate landscapes of pastels. Often the images become realistic mind movies — emotionally charged and dreamlike scenes, and powerful memories from childhood. Biofeedback researcher Dr. Thomas Budzynski, who uses these machines in his practice and research, has called them "facilitators of unconscious retrieval."

How can simple lights and sounds produce such powerful results? Scientists have found that when the brain is given rhythmic stimuli, such as flashing lights, the electrical pulses of the brain (called brain waves) tend to correspond to the rhythm of the stimulus. Many of the L/S programs begin with faster frequencies, to match the *beta* states associated with normal waking consciousness, and then "ramp down" to progressively slower frequencies, allowing the user to move into the relaxed *alpha* and dreamlike *theta* states.

Scientific research indicates that these

(continued next page)

Hutchison's Picks

Is there ever too much of a good thing? Hard to imagine. But for many potential purchasers of Light and Sound machines, it may seem that way. It's a bit like purchasing your first (or your next) computer — there are so many of them out there! But most buyers find that they are able to select the right machine for their purposes using virtually the same criteria as computer purchasers: size (is portability important?), cost, power, capacity for running a variety of programs, ease of operation.

I've written about a lot of L/S machines in the pages that follow. All of them are good. But not all of them are right for everybody. Specifically, some of them are best for your purposes. So I've tried here to give my picks of the L/S machines I think are best for specific purposes, at various cost levels and so on. For more information, of course, you can always call TOOLS FOR EXPLORATION. — *M.H.*

MasterMind 50™ & MasterMind DLS™

NEW FROM MINDSEYE

Two identical-looking systems: elegant design, exceptional quality of experiences reported, wide selection of sessions, utter simplicity of operation, all at a very low price. Plus the ability to access a whole "library" of programs.

The 50 is the ideal product for someone who's new to L/S, who wants variety plus quality and for whom every dollar counts. Or for experienced users who want a tiny portable that packs a wallop (it has 4 bright LEDs). Good value for the money. And it's upgradable.

MasterMind 50 (NM121) $229.00. ***See page 46.***

The DLS allows you to sync the L/S experience with an audiotape, or to "download" up to 25 custom-designed sessions at a time. This opens up a whole new realm of L/S experiences. Imagine having a taped library of hundreds of different sessions, ranging from musical L/S voyages to guided visualizations, from accelerated learning or instructional programs to explorations of specific brain-states.

MasterMind DLS (NM120) $299.95. ***See page 46.***

The MindGear PR-2

This superb mid-price range system combines the features of top-of-the-line models (binaural beats synchronized with the lights, pulse width control, independent frequencies in right and left eye, a wide range of preset sessions, plus sophisticated user programmability) with the portability, simplicity of design and user-friendly qualities of the most basic models. A favorite feature of mine: you can select goggles that use either red LEDs or white lights. Or choose one of both and explore the differences.

(NE502) $349.00.
See page 45.

"Make the most of your most valuable possession — your brain . . . Michael Hutchison has put together an intriguing round-up of the latest scientific findings, of new strategies, techniques, even machines that can help you connect with your own innate capabilities. The possibilities are enormous. You can find out about them in MEGABRAIN."

— Lynn Schroeder, author of Superlearning

TO ORDER CALL 1-800-456-9887

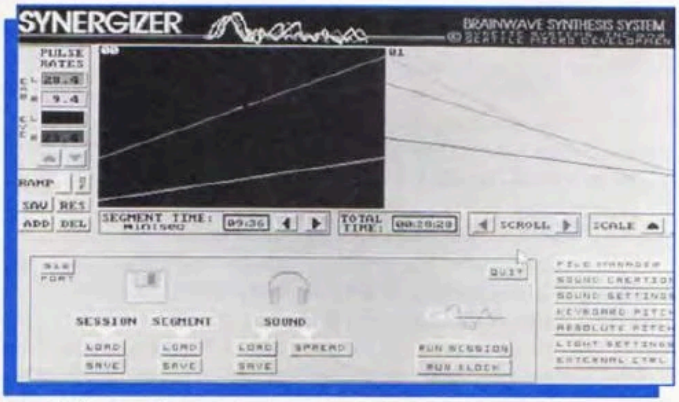
The D.A.V.I.D. Paradise™

This (so far) is the ultimate portable machine. It's about the size of a paperback book, but packs a wealth of features — pulse width variability, independent frequencies in right and left eye, a huge variety of preset sessions, plus an enormous user-programming capacity. I think the Omniscreen goggles, which diffuse the lights, are superb. It's a premium price, but a premium machine. In fact, out of all the machines I have evaluated, this is the one that I keep choosing to keep by my bed for my own L/S sessions. **(NE801) $595.00.** ***See page 44.***

The Shaman

Here's the tool of choice for explorers of consciousness and seekers of mind-boggling experiences. Its main features, binaural beats synchronized with the flashing lights, are amped up with a dazzling array of special effects, including lights, sounds and ocean surf that all seem to swirl around your head. It's an analog device, so you can vary the frequency (and other effects) with a simple touch of the knob — I like being able to fiddle around until I find just the right spot (ah!). Other great options include the red, yellow or green goggles. The Shaman is an extraordinary value. It can also be turned into an experimenter's tool with the addition of the EEG option, which permits you to drive the machine with your own brainwaves. **(AL902) $195.00.** ***See page 43.***

> *"As a writer in my eighties, I have used two of the 'brain machines' Michael Hutchison describes and have found my own creativity enhanced. MEGABRAIN is important . . . and valuable for anyone who seeks to increase and preserve brain power."*
>
> *— Phyllis A. Whitney, best-selling author*



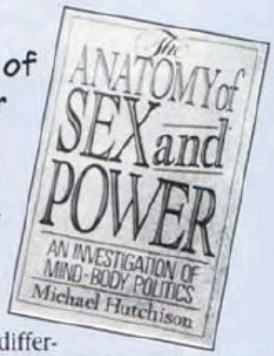
MindsEye Synergizer™

Perfect for hackers who want the ultimate L/S hot rod, and for researchers who want the ultimate L/S lab device. It's got a hot new graphics user interface (you need a PC and a mouse) that allows you to "draw" incredibly complex sessions and create a soundtrack of stereo synthesizer sounds quickly and easily. Create audio-visual extravaganza sessions, and store them away in your computer. The board fits into your PC, and the goggles are superb — best on the market. If you're a computer person, this is a best bet. **(NM106) $595.00.** ***See page 46.***

OR USE ORDER FORM ON PAGE 75

slower frequencies may give important benefits, ranging from relaxation to improved learning. In fact, evidence suggests that the alpha-theta frequencies may be keys to the state of mental lucidity called meditation. Studies of Zen monks have revealed that those who have meditated the longest are the ones who enter these alpha-theta states most readily, and only those who have meditated for more than 20 years are able to do so at will. So these "electronic marvels" may be extremely effective tools for learning to enter relaxed, meditative states quickly and consistently. *– MH*

Also from Michael Hutchison



The Anatomy of Sex and Power By Michael Hutchison

(Limited Quantity Available!)

A consideration of the scientific evidence for hard-wired differences between male and female brains as well as inheritable, biological roots for the quest for power (and how those differences emerge in nations, cultures, and mass movements). *"I doubt that the 1990s will produce a more important or more controversial book."* — Robert Anton Wilson.

Hardcover 376pp Regular price $21.95
(NB002) Sale price $12.95

(See also Book of Floating, page 53.)

Megabrain Report

(An Invaluable Resource)

Michael Hutchison edits and publishes a newsletter about consciousness technologies: *Megabrain Report*. Published four times a year, and averaging about 40 information-packed pages, it provides uniquely insightful, in-depth and timely information on the cutting-edge of technology and human consciousness: interviews, book and product reviews, schematics, and in-depth considerations about the use and possibilities of "new tools and techniques for brain growth and mind expansion."

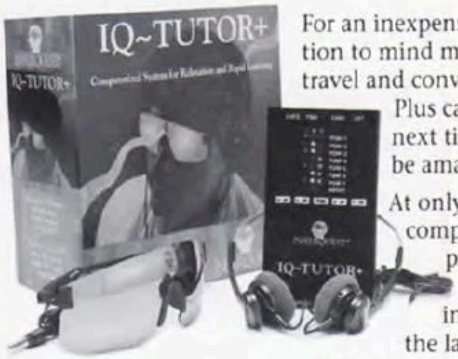
To subscribe, send your name and address with $48.00 for a one-year subscription to Megabrain Report, P.O. Box 2744, Sausalito, CA 94966.

Please note: We mention this as a service only. Megabrain Report and Tools For Exploration are not related. Please do not attempt to subscribe to (or communicate with) Megabrain Report through Tools For Exploration.

FROM IQ INTERNATIONAL

Number One in Affordability!

THE IQ TUTOR-PLUS



For an inexpensive, portable introduction to mind machines, suitable for travel and convenience, the IQ Tutor Plus can't be beat! Use it the next time you fly, and you'll be amazed!

At only $139.95, its built-in computer contains 7 preset programs which speak directly to your brain in its own language — the language of frequency.

You receive IQ's excellent sunglass-type EYESTIM Glasses containing bright red LEDs which produce stunning visual imagery. High quality, lightweight stereo headphones are included, or you may substitute your own. A jack allows an external audio source (your favorite music or advanced tapes) to supply the sound, and the unit will supply pulsed sound of its own.

The control unit is about the size of a pocket calculator and is powered by 4 AA alkaline batteries (no 110V power adapter available). A great, convenient introduction to the world of mind machines.

What You Get: Control Unit, Eyestim Glasses, Stereo Tape/CD Input Jack, Headphones and Instruction Manual. 90-day warranty. Program Examples: sleep, meditation, entertainment, and peak performance.

Best Features: Small and portable, simple to operate, high level of user satisfaction.

Summing Up: A great machine to start out with — well-built, portable and easy to use.
(NP115) $149.95

High User Satisfaction

THE IQ-9110

The IQ-9110 gives the same high quality of light and sound experiences as the old IQ-II, but with new high efficiency LEDs in the "Eyestim Glasses," and with built-in brightness control.

One especially nice feature is the excellent metal carrying-case, which is attractive, rugged, convenient, and space-saving.

It offers 21 preset programs ranging from 15-70 minutes, and an exceedingly wide range of frequencies, from 1.0 to 40.0 Hz. (We've been experimenting with the 40 Hz range for very powerful super-alert states.)

The 9110 has internal ni-cad rechargeable batteries and a charge monitor. This makes it very portable and easy to use. It also has a new "soft-off" feature that gently fades the audio and visuals to end the program.

The 9110 comes with good quality, comfortable headphones that have a lifetime guarantee, and an external stereo input with CD/cassette adapter. The 9110 has LED program indicators. (NP108) $329.95

IQ Tapes + IQ Machine = Power Learning

DR. RAYMA DITSON-SOMMER

Accelerated Learning Improvement Tapes — Made Specifically to Use with Light-and-Sound Machines

After years of extremely successful research in which she used light-and-sound machines to help facilitate learning under controlled conditions, Dr. Ditson-Sommer has decided to make her proven "Maxi-Learn" techniques available to the public through the 17 new tapes which comprise the InnerQuest® Learning System™. These tapes can be effective even when used alone, but Dr. Ditson-Sommer's research has shown that their powers are multiplied when they are used together with a light-and-sound machine.

All tapes come with information suggesting synergistic programs on each IQ machine model. Yes, they are specifically designed to be used together with IQ machines, and yes, they can also be used successfully with other light-and-sound machines which have Theta-dominant programs.

Each tape includes a backside track of learning/relaxation music.

All tapes — $18.95 unless otherwise noted:

Introduction to InnerQuest Accelerated Learning System
Learn the step-by-step method of accelerated Theta wave cognitive learning. 30 minutes. **(TQ101)**

Developing Whole Brain Accelerated Learning Skills
Develop left-right crossover with relaxation and visualization specific to subject material selected. 30 minutes. **(TQ102)**

Accelerated Learning Through Visualization Skills
Basic retention skills especially helpful with foreign languages, fact memorization skills, and for learning-disabled students. 36 minutes. **(TQ103)**

Super Study for Tests Using InnerQuest®
Grades can improve dramatically according to Arizona State University MALT LAB results. 36 minutes. **(TQ104)**

Maxi-Learning of Foreign Languages
More rapid and long-term acquisition of conversational skills plus listening and reading skills for better comprehension. 36 minutes. **(TQ105)**

Conquering Anxieties to Accelerate Learning
Breathing, calmness and relaxation are taught, designed for accelerated learning. 30 minutes. **(TQ106)**

Developing Coping Skills to Accelerate Learning
These exercises help teach coping skills for every life situation, and they can be used for developing self-esteem and resourcefulness. 30 minutes. **(TQ107)**

Awakening Mind I: Programming Advanced Light & Sound Sessions NEW!
by James Mann
A well-researched, detailed monograph on exactly how and why to program your advanced Light/Sound machine (the text is geared to the MindsEye PC Synergizer, page 46) to create powerful internal experiences. 100 pages.
(NB121) $45.00

YES, WE PROBABLY HAVE IT!
If you don't see what you want in this catalog, give us a call. You can probably get any quality mind-tech product from Tools For Exploration, including hard-to-find items and brand new products — as soon as they are available, and at the lowest available price.

TO ORDER CALL 1-800-456-9887

Charisma — The Way to Winning
Learn new attitudes based on positive self-image, including approaches to life decisions, goals and success. 30 minutes. **(TQ108)**

Memory Enhancement with InnerQuest
Learn more rapid and long-term memory enhancement. Quick understanding of the processes for retaining information. 20 minutes. **(TQ109)**

Time Management Skills for Success
A habit-modification learning program helping instill a "time sense," quick prioritization of activities. 30 minutes. **(TQ110)**

Developing Self-Esteem in Children
(For adults) This tape will help adults and the children for whom they are responsible to enjoy a much happier, more productive and highly-positive relationship. 36 minutes each.
(2 tapes) (TQ111) $36.95

Special: All 11 Power Learning Titles (12 tapes total) – A $226.45 value, (TQ201) Only $200.00!

For Pre-School and Elementary School Children

CHILDREN'S SERIES

All Tapes — $18.95 each:
Each children's tape includes a backside track of listening music. Special sound effects and music add to the interest of each children's tape.

Being Different is O.K./"Bagby the Bald Bear"
A story about being different and learning what to do with the anger and fears that accompany this feeling. This tape was produced for all children who dare to march to the tune of a different drummer, no matter what the reason. (TQ121)

Don't Be Afraid to Try/Developing Self-Esteem
A very fearful child almost allows his lack of self-esteem to keep him from a great triumph over anxiety and over-protectiveness. (TQ122)

You Can Trust Me/Developing Self-Reliance in Pre-schoolers
On this captivating tape, the young listener is taught the basic principles of self-reliance, as well as trust in one's own abilities. (TQ123)

I Can Do It/Learning Determination
This story deals with a young boy who has not always been trustworthy because — due to stress — he could not stop and focus his attention on the task at hand. (TQ124)

Listen and Learn/"Megan's Big Adventure"
Megan has problems coping with her everyday world due to a lack of self-esteem and an inability to accept authority. Her dream world becomes an adventure which ends in positive results for Megan. (TQ125)

All 5 Children's Series Titles (a $94.75 value)
(TQ202) $84.95

Unique Shaman and Dreamwave Accessories

EEG Controller:
See and hear your own brain activity with this option. It monitors brainwave activity, causing it to control the frequency of the lights and sound. Useful for active audio/visual biofeedback/entrainment or, without the goggles, it can provide audio EEG biofeedback without visual entrainment.

To guide your brainwaves to any particular target frequency, the controller can deliver the light and beat frequency at a rate only slightly different than your dominant brain activity, gradually leading your brain activity to your preselected target.
(NE701) $495.00

FROM ALPHA LAB

The Mind-Traveler's Dream-Come-True

THE SHAMAN

It took less than a week after this little gem arrived in my office for us to reach a consensus: Wow!

The inventor, Bill Lee, has crammed many of the features of the Dreamwave into this extraordinary product, added some new ones, and has done so at an almost unbelievable price. It's unarguably a delightful machine and a fabulous value. The ideal machine for the "consciousness explorer on a budget."

- Flashing lights synchronized with the binaural beat frequencies, tunable from 1 to 20 Hz
- Unique and interesting "special effects"
- Set the starting and target frequencies plus ramp time, or operate manually
- Comfortable, padded goggles with nice bright LEDs
- Choice of red/orange, yellow, or green goggles

One-year warranty. 110V, A.C. only. With choice of red/orange LED goggles (AL902); yellow LED goggles (AL905); or green LED goggles (AL906). Allow an extra 2 weeks for delivery. $195.00

Well Worth the Wait!

THE DREAMWAVE II™

Alpha Lab's "top-of-the-line" machine is the most sophisticated of any portable light-and-sound device, delightfully easy to operate, and user satisfaction is very high. It offers many features not found anywhere else:

- Two separate pairs of binaural beats, synchronizable with the lights
- Precise digital control of frequencies (to 0.01 Hz)
- Vivid 3-D stereo ocean sounds
- A dazzling array of unique special effects

The favorite of many explorers and clinical experimenters. One-year warranty. 110V, A.C. only. Choice of red LED goggles (NE910); yellow LED goggles (NE911); or green LED goggles (NE912). Allow 4-6 weeks for delivery. $695.00

Red/Green Dual Color Goggles:
These goggles ingeniously combine red and green LEDs to subtly enhance the experience.
(NE710) $100.00

OR USE ORDER FORM ON PAGE 75

PRICE BREAKTHROUGH!

"The Best" Portable Programmable Machine

THE D.A.V.I.D. PARADISE™

This machine is a favorite of many experienced users because it has everything: delightfully versatile programmability, wonderful goggles, and a convenient carrying case. It's even user-friendly enough for beginners. The control unit is small — about the size of a small paperback book — but it packs quite a wallop in terms of programming power.

There are 30 preset sessions, optional manual operation, and storage for up to 9 sessions you can program yourself. A digital readout shows session parameters including frequency. The excellent keypad makes the Paradise easy and pleasant to use.

Designed by David Siever, a pioneer in the mind-machine field, the D.A.V.I.D. Paradise's most unique feature is its goggles: the white lights are shielded from the eyes by a translucent screen that can color the pulses white, blue, green or yellow. This allows for a color-therapy type effect and for open-eyed use of the goggles. The Paradise can also be programmed extremely flexibly — even allowing for different frequency settings in each eye!

What You Get: Control Unit, Unique White-Light Goggles with Blue, Green and Yellow Filters, Stereo Headphones, Stereo Tape/CD Input Jack, Internal Rechargeable Batteries, an AC Adapter/Recharger, Owners' Manual, Quality Nylon Carrying Case, and a one-year warranty.

Program Examples: Learn improved relaxation and meditation (12 programs), alertness, sleep, enhanced cognition, dual frequency stimulation and more.

Best Features: Great programming, great "feel" and super-nice goggles, tremendous convenience, plus carrying case. Two-user capability.

Summing Up: An ideal machine for those who like to travel first-class.
Was $695.00 (NE801) **Now $595.00**

Now Everyone Can Afford Flashing Goggles for Alpha/Theta Stress Reduction

THE SHEALY RELAXMATE

Dr. Norman Shealy is an internationally-known neurosurgeon and psychologist who has published widely on stress, pain control, hypnosis, and preventive medicine. Over a period of 15 years he developed this particular product after testing similar units on over 7,000 individuals. He recommends it to help people learn to relax, reduce stress, and improve sleep. It is convenient, compact, portable, lightweight . . . and inexpensive.

Two control dials are mounted on the glasses above the eyes. One controls on-off and light brightness. The other controls the speed of the flashes, either in Alpha (variable from 7.5 to 12 cycles/second) or in Theta (variable from 3.1 to 7.4 cycles/second). Runs on 4 AAA batteries (not included).
The Shealy RelaxMate
Originally $199.95 — (NS101)
Our Price only $49.95!

- Most affordable mind-tech product of its kind
- No wires or attachments
- Simple to operate
- Attractive hard plastic construction

NEW LOW PRICE!

THE D.A.V.I.D. PARADISE JR.™

A less expensive alternative to the acclaimed D.A.V.I.D. Paradise, the Paradise Jr. looks almost identical to its deluxe big brother.

The differences? It has 18 (rather than 25) factory pre-set sessions (of course, you can also operate it manually), and it lacks the Paradise's flexible programmability. The colored screens which you can insert into the Paradise goggles can be purchased for $15 extra (see below). One-year warranty.
Was $495.00 (NE806) **Now $395.00**

Options
Designer Programs for Paradise or Paradise Jr. Coding plus user manuals:
Golf (NE804) **$95.00**
Creativity (NE803) **$95.00**
Chakra Balancing (NE802) **$95.00**

Omniscreen Inserts for Paradise Jr. Set of 3: blue, green, and yellow. (NE807) **$15.00**

The Daydreamer™

Finally, an inexpensive light machine — just for fun! CLOSE YOUR EYES and gaze at the sun or a bright light. Hold The Daydreamer in front of your face and blow into it, to send a perforated disc spinning, producing a brilliant, flickering light effect. You'll enjoy the "pranayama" (breath control) and a wonderful variety of visual effects — all without getting too serious! Makes a great gift.
(ND101) $16.95

TO ORDER CALL 1-800-456-9887

Versatile, Programmable, Consciousness-Expanding

THE MINDGEAR PR-1 AND PR-2

Everyone is excited about the dazzling versatility and in-depth programmability of these machines.

Both are well-built, imaginatively designed, very user-friendly, and have an enormous array of features, many of them unique or only available on products costing up to twice as much. The main differences between the two are that the PR-1 is non-programmable and operates on 110V AC only.

They offer 25 excellent preset programs, space for 10 personalized custom programs (PR-2 only), a digital LED display, optional manual operation, frequency control from 1.0 - 30.0 Hz, a running pause function, and the ability to program many important "details" such as the pulse width (relative amount of time the lights are "on" and "off" at any given frequency) and independent frequencies in left and right eyes (PR-2 only). Plus, the binaural beats are synchronized with the visual flash frequency — an important feature!

The control units are about the size of a laptop computer keyboard, and boast *internal* rechargeable batteries and high quality stereo headphones. They are normally supplied with red LEDs in the goggles, and white light goggles are also available.

What You Get: Base Unit, AC Adapter/Battery Recharger, Owners' Manual, Red Light Goggles, Headphones and Stereo tape/CD Input Jack. 6-month warranty. Program Examples: 9 different relaxation sessions, sessions for meditation, learning, sleep, and various mental exercises — and more.

Options: White light goggles, two-user capability, software upgradable in the future.

Best Features: Versatile programmability with PR-2 and great preset programs with synchronized binaural beats at an unprecedented low price.

Summing Up: The PR-2 especially is a super value for those who want a machine which will remain interesting as their sophistication grows.

PR-2 (Red LEDs) (NE502) $349.00
PR-2 (White Lights) (NE501) $349.00
PR-1 (Red LEDs) (NE505) $299.00
PR-1 (White Lights) (NE504) $299.00
PR-1 Upgrade Kit (converts PR-1 to PR-2) (NE508) $75.00

Books and Tapes

A Short History of Light & Sound Technology (Including Applications) NEW!
By Michael Hutchison

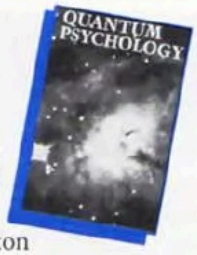
Drawn from articles in *Megabrain Report*, this brilliant little guidebook gives practical tips and insights into getting the most from L/S. It vividly demonstrates why Michael Hutchison is famous worldwide as THE foremost mind technology guide and visionary. (Included free with all MindsEye machines.) Paperback 36pp **(NB012) $9.95**

Clinical Guide to Light and Sound
By Thomas Budzynski, Ph.D.

Dr. Budzynski is an internationally known researcher/clinician who has experimented with light/sound stimulation for years. His practice at St. Luke's Medical Center in Seattle includes biofeedback and psychotherapy in addition to continuing research. Included in this set of papers is a clinical guide intended primarily for psychotherapists, selected research studies on light and sound, and an extensive bibliography. A significant contribution to the growing understanding of light/sound stimulation. Paperback 30pp **(NB008) $15.00**

Brain Machines and Beyond
An Interview with Robert Anton Wilson

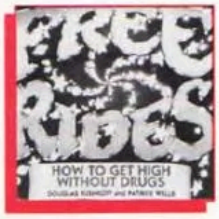
Side A: Mind machines, neuropeptides, neurotransmitters, the immune system, and mind/body healing. Side B: Mind Machines, smart pills, entrainment and hypnosis audio tapes. And More! 60 minutes.
Cassette (NB006) $9.95



Quantum Psychology
By Robert Anton Wilson

A bright and unsettling look at programming and being programmed, complete with exercises. Paced by a real thoroughbred on the "think-outside-the-dots" track, Robert Anton Wilson, this book will get you thinking. Useful psychological/philosophical context for the use of brain machines! Paperback 192pp **(NB010) $12.95**

Free Rides:
How to Get High Without Drugs
By Douglas Rushkoff & Patrick Wells



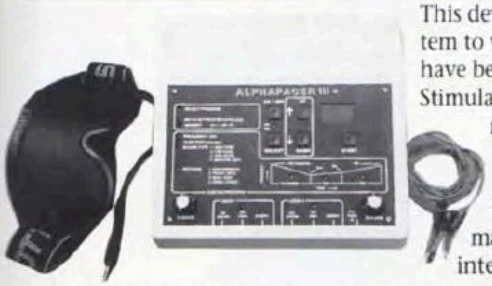
If altering consciousness is a natural urge, then don't suppress it, say the authors. Find ways to do it that don't impair health, balance or happiness. Here are cataloged myriad techniques for finding your bliss-state, from visual highs to sound and music, from sex to deep breathing, from high-tech highs to dreaming, from the thrill of outdoors to tranquil meditations. Paperback 215pp **(NB011) $8.00**

Supermemory
By Lynn Schroeder & Sheila Ostrander

A book of breathtaking scope. Hardcover 431pp
(NB007) $21.95

OR USE ORDER FORM ON PAGE 75

NEW! Alpha-Pacer III Plus



This device is a light/ sound system to which two other modes have been added: Electro-Stimulation (ES) and a pulsed magnetic field. There's some preliminary evidence that the combination of the four modes may have a synergistic and intensifying effect.

It provides 4 different light/sound modes (synchronous, front/back, side/side, and criss-cross), and 11 preprogrammed sessions. There are 3 user-programmable sessions, plus a manual mode. The sounds include a high tone, a low tone, a pink noise and a binaural beat frequency which can be selected with all the user-programmed sessions (but not in the manual mode).

The modified ski mask goggles are very comfortable, and come with either red or amber LEDs, or (for a $10 surcharge) high intensity red LEDs. Four AA batteries will operate the machine for 8 to 10 hours, or you can purchase a rechargeable 6-volt battery and charger. The unit comes with one set of goggles and CES ear-clip electrodes (very easy to use). Extra goggles and electrodes may also be purchased. It has a two-user capacity, and it comes with a 6-month warranty.

Alpha-Pacer III Plus — (Red LEDs) (NE411) $635.00;
(Amber LEDs) (NE412) $635.00;
(High Intensity Red LEDs) (NE413) $650.00

Goggles for Alpha-Pacer III Plus — (Red LEDs) (NE414) $50.00;
(Amber LEDs) (NE416) $50.00;
(High Intensity Red LEDs) (NE417) $65.00

Ear clips for Alpha-Pacer III Plus (NE415) $45.00

MindsEye Courier™

The Courier is a compact, self-contained unit: the plastic lid opens to reveal the keypad and a storage compartment for the specially molded goggles and headphones.

Includes 16 preset sessions, ranging from 15 minutes to an hour in length, plus a guidebook with complete parameters of each preset session. Easy programming and storage of up to 10 sessions. Eight sounds with superb variety and quality. Rechargeable battery. 1-year warranty.
(NM104) $395.00

MindsEye Plus™

DISCONTINUED

The most technically sophisticated programmable audio-visual synchronizer made. Many unique technical capacities. Superb goggles with 3 independent LEDs around each eye (for 16 different flash patterns). 16 preset programs plus complete detailed user- programming. 16 preset sounds, plus infinite variations.

Solidly built, well laid-out, with excellent display and keyboard. A superb device for sophisticated users. Not for technophobes. Measures 12" x 8½" x 2", and weighs 3 lbs. 3 oz. 1-year warranty.
(NM101) $895.00

Create Your Own Psychoactive Tones

THE BINAURAL SIGNAL GENERATOR

Scientists have discovered that when two slightly different vibrations or sound frequencies are delivered through separate ears, instead of hearing the actual two sounds, the mind joins them together to "hear" a completely different, phantom third vibration — called "the binaural beat."

When this has happened, experimenters have measured increased levels of bilateral synchronized brainwave activity *at the same frequency as the frequency differential between the two tones.* Thus, binaural beats can be used to teach people how to achieve alpha or theta states of calm attention in which it is easier to learn, meditate or relax.

The Binaural Signal Generator produces two separate binaural beats, one in either the alpha or theta range, and a secondary beat in either beta or delta. It also includes an ocean surf sound synthesizer. The unit can plug into any audio system (tape deck, record player, CD) so you can combine its tones with music or other audio selections to listen to through stereo headphones or broadcast over external speakers as you wish.

- **Ideal for making your own tapes**
- **Used widely by professionals**
- **Generates two pairs of tones at once**
- **Realistic surf sounds**
- **Automatically hides tones unobtrusively behind voice or music**

You can select a frequency range from 1 Hz (Delta) up to 8 Hz (Alpha), combine it with a 24 Hz Beta signal (for learning increased mental alertness), and control the carrier signal (from 200 to 800 Hz). A unique patented circuitry enables the system to maintain a stable beat without further adjustment.

Better yet: you can manually adjust the volume of the binaural beat, or let a special circuit maintain the channels at a level 15 to 20 decibels below the level of the surf noise and/or music, letting you reap the benefits of inaudible binaural beats.

The product includes a switch that superimposes a 24 Hz beat on the base binaural beat, making it possible to achieve more and interesting states of consciousness. In a recent study, a binaural signal generator was found to better support the relaxed "alpha state" than actual alpha biofeedback training! And new evidence indicates that for older people, the combination of delta binaural beats with high beta beats can have an extraordinary revitalizing effect.

Binaural Signal Generator
US 110V, 60Hz unit (NT301) $390.00
European 220V, 50Hz unit (NT302) $420.00

OR USE ORDER FORM ON PAGE 75

Intuitive Real-Time Display of the Full Brainwave Spectrum

NEW!

THE MIND MIRROR III

The Mind Mirror is almost legendary. Its unique display makes it possible to grasp a great deal of information about brainwave patterns. By rendering this information in *real time*, it enables users to recognize and self-regulate brain activity across a complex range of parameters — right/left hemispheric activity is broken out clearly across 7 separate frequency bands, bilaterally. (For more information on this remarkable machine, see Maxwell Cade's book *The Awakened Mind* and Anna Wise's *Awakened Mind* audiotapes on page 36.)

The new Mind Mirror III offers LCD display, automatic recording of the most recent 30 minutes of each session, and MS-DOS computer communications (in real time with optional fiberoptic cable). A separate bar graph monitors muscle tension. This compact unit comes with batteries, all leads (except optional fiberoptic computer link), electrodes, and a sturdy carrying case which holds the unit and all accessories.

The Mind Mirror III (NE610) $3,500.00
Optional Fiberoptic Cable (NE611) $595.00

NEW!

For Magical "Mental Synchrony" with Your Partner

THE ALPHA MATE

You've heard of "two hearts beating as one"? When two minds synchronize, it can be an equally magical experience. The new **Alpha Mate** comes with a second white PVC unit and two headbands, thus allowing two people to use it simultaneously for a coordinated, mutual exercise.

You and your partner need only wear the headbands (and optionally, headphones). Three distinct audio and visual signals indicate progressively more intense levels of alpha, appropriate for any level of user, beginner or advanced.

When two people enter into alpha states while they gaze into each other's eyes, it is remarkable how intensely they can become attuned!

Pictured in color on back cover

The audio and visual displays show three different levels of alpha activity. Four meters indicate the cumulative production at each of the three levels and total, global alpha production for the session.

The Alpha Mate will also control one or two cassette recorders, playing music whenever a desired level of alpha is produced, or switching from one recorder to another.

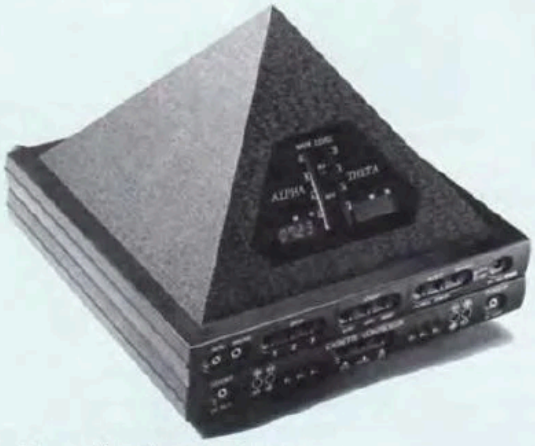
Indicator lights show muscle tension and check sensor contacts. No gel required. Includes all equipment except cassette player(s) and headphones. One-year warranty.

The Alpha Mate (NE620) $999.95

A Tool for Exploring Your Mind

NEW!

ELECTRONIC MIND PYRAMID



Pictured in color on back cover

You sit, eyes closed, hearing only the pleasant "chirping" of the tone indicating your strong theta brainwave activity. You feel so deeply peaceful it seems as though you are floating in the air. Suddenly your wristwatch alarm goes off; the meditation session is over. Just then, the Pyramid's pleasant indicator tone changes to a higher-pitch signature; you realize that your mental activity has shifted to alpha-dominant.

You open your eyes and see the two luminous columnar displays which show alpha activity (in green) and theta (in red). You smile, knowing that you've gained so much from this simple information about the state of your consciousness! Two meters show the precise duration (in minutes and seconds) of your alpha activity and theta activity during the past 30 minutes. Another indicator light lets you know that your muscles have not inadvertently tensed. You are using the **Mind Pyramid.**

Before the session, all you had to do was wet two contacts in the headband, position them across your forehead, clip a contact to your ear, and confirm proper contact via the indicator light. Setting it up took less than two minutes!

- **Displays both Alpha and Theta brain activity**
- **Use the audio cues and/or the visual displays**
- **Quick to learn, simple to use**
- **Extremely attractive and well-built**
- **Optional Cassettes Controller for deep learning or suggestions**

For your next session, you plan to utilize the **Optional Cassettes Controller**, fitted onto the base of your Mind Pyramid. It automatically controls two tape recorders. You plan to listen to your favorite relaxation tape through your headphones whenever the Mind Pyramid is reading beta or light alpha, but whenever you're in a hyper-receptive deep alpha or theta state, you'll hear a different tape (you've prepared one with helpful affirmations and information you want to memorize).

The Mind Pyramid gathers data from two frontal contacts (single-channel bipolar readings) plus reference and ground, with all contacts using either saltwater or gel. All necessary equipment is included. The Optional Cassettes Controller can be used with any two recent model cassette players and one pair of headphones (not included). One-year warranty on both units.

The Mind Pyramid (NE601) $1395.00
Optional Cassettes Controller (NE602) $450.00

TO ORDER CALL 1-800-456-9887

STILLNESS

It's a summer morning, very early. You're ten years old, and the world is as cool and green and transparent as if it had been dipped in water.

You stand in your yard, watching the clear, new light on the tips of the leaves. For a moment, quiet is all there is. It floats under your feet and yawns warm in your belly. You've never felt so happy or so free as you do now, suddenly so still. Noticing everything. Enjoying everything.

You may never know how long it lasted.

Perhaps it was an hour. Perhaps a few seconds.

Somehow, you're changed forever. For the rest of the summer, marbles shoot truer, baseballs curve cleaner, baking bread and fallen leaves smell sharper and sweeter. Everything is simpler, richer, more balanced and more real.

Looking back, you realize you've spent most of your life trying to recapture that feeling.

In pursuit of stillness, you've meditated in great cathedrals, hiked through deserts, and fasted on mountain tops. You even visited your old neighborhood.

Now we suggest you try some of the new technological tools for inducing the stillness of alpha/theta states. They're remarkably easy to use and so effective, it's almost like being a kid on a summer morning.

SOME PRODUCTS YOU MAY ENJOY . . .

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The Mind Electric

We have "electric-powered" brains: all our thoughts and perceptions consist of complex networks of electrical currents and electromagnetic fields that sweep across the brain. So it makes sense that electrical stimulation of the brain can alter your mental state.

The most popular technique for electrically boosting brain power is called *cranial electrotherapy stimulation* (CES). Tiny battery-powered consoles generate a minute electrical current that flows through pads placed on the earlobes. Studies have indicated that such electrical currents stimulate the release of a variety of performance-boosting neurochemicals, including beta-endorphin, the body's natural pleasure chemical. Scientists speculate that electrical flows may optimize brain function by "tuning up" the electrical activity of brain cells.

CES units have long been prescribed by doctors for therapeutic reasons, including the treatment of anxiety, depression, insomnia, and chemical dependency. Many users have reported that CES can help them learn to enter a relaxed but alert state conducive to high level mental performance that may include increased memory, concentration and IQ. As a result, increasing numbers of healthy people are turning to CES machines for quick, non-drug relaxation, and as tools for "supercharging" the brain.

Scientific Information on CES:

CES Bibliographies

1) Compilation by Dr. Bob Beck on the use of CES in connection with anxiety, depression, addiction, insomnia, IQ, memory, and headaches. 12pp.

2) Synopses of 41 scientific studies. 7pp.

3) Citations of 81 references to CES and summaries. 22pp.

All 3 CES bibliographies (CE110) $25.00

CES Articles

Research studies and popular articles, 34 in all, compiled by Michael Hutchison. Approx. 200pp

(CE112) $35.00

Convenient, Versatile, High-Quality Electromedicine

NEW!

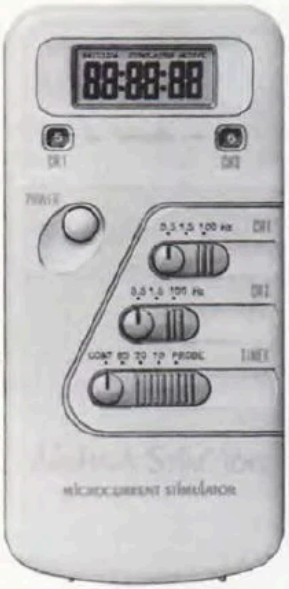
THE ALPHA STIM 100

The Alpha Stim is widely known for its incredible abilities to readjust the body to a normal, pain-free state, employing a current that evidence suggests is **similar to that found in the body's own cellular structure.** It has also shown superb results in studies of cranial electrotherapy stimulation (CES).

Improved Features, Design and Price

The Alpha Stim 100 is a major design advancement on previous, already excellent Alpha-Stim models, and its price is $100 less! Super easy-to-use controls allow one-button operation once settings are right, plus two additional frequency settings (1.5 Hz and 100 Hz) and the use of a probe for pain control. New, more precise intensity controls adjust the current from 10 to 600 microamperes.

The 100, like the CS unit it replaces, is small, but the controls are simpler, clearer and easier. The unit can still be carried in a pocket or clipped to a belt, even while in use, and comes with a carrying case. The 100 also has two channels, permitting two separate simultaneous sessions of CES and/or pain control, on one or two people.



Pictured in color on page 4

Proven Mental Performance Gains Plus Pain Relief

Doctors who have prescribed the device, as well as patients and healthy people who have used it, have reported impressive effects, ranging from mild euphoria and heightened alertness to deep relaxation, enhanced concentration and memory, deeper sleep, alleviation of pain, and lasting feelings of well-being. Research confirms many of these benefits.

- New, improved design
- Proven effective in numerous studies
- Portable, attractive and convenient
- Unique waveform designed for maximum effectiveness

Technical Specs

The Alpha Stim 100 outputs complex randomized biphasic DC nonsinousoidal modified square pulses of 0.5, 1.5 and 100 Hz, changing polarity at 0.4 second intervals. It operates in a full biological frequency spectrum, including a very brief spike to break skin resistance. Adjustable from 10 to 600 microamperes at 9 volts. Timer settings are at 10, 20 and 60 minutes and continuous, plus a new "probe" setting — 10 seconds on and 2 seconds off, for treating points. 5-year parts and labor warranty.

Ordering Information

The Alpha-Stim 100 is available to any licensed healthcare practitioner or by prescription. Please call for details. Please note that the medical disclaimer on the order form of this catalog does not apply to the Alpha-Stim, which is a medical device. If purchased with a prescription, it may be covered by medical insurance. (Insurance reimbursement code is 00740; 07685 for P.I.P./ Worker's Comp.)

Electromedical Products International's regular retail price is $734.95 ($695.00 for the unit and probe, plus $39.95 for the earclip electrodes), but Tools For Exploration's everyday low price saves you $175!

(NE112) $559.95

Yes, We Probably Have It!

If you don't see what you want in this catalog, give us a call. You can probably get any quality mind-tech product from Tools For Exploration, including hard-to-find items and brand new products — as soon as they are available, and at the lowest available price.

The BT-6

BY DR. BOB BECK

The BT-6 is Bob Beck's redesigned and improved version of the BT-5, a product that has generated thousands of enthusiastic customers over the past eight years.

The BT-6 delivers minute levels of relaxing electrical energy to the body through electrodes placed just behind the ears. These micro-current energy pulses appear to have a profound balancing effect on the individual and tend to facilitate feelings of overall well being. Most individuals describe the experience as being very pleasant, even when feelings of high stress or anxiety have been present. The BT-6 delivers over 200 frequency harmonics in each micro-second pulse. This preferred design eliminates any guesswork as to frequency selection.

New features include:
- **User-adjustable automatic shut-off timer**
- **Adjustable pulse modulation, including a 7.83 Hz setting**
- **User-adjustable pulse width modulation**

All BT-6 output functions are computer-regulated, and a crystal-controller ensures reliable and precise frequencies.

The many reported benefits of the BT-6 tend to be cumulative in nature, gently unfolding over 2-3 weeks. The BT-6 is in a class by itself.
(NE204) $395.00

Audiotape:

Dr. Bob Beck Speaking on CES
A fascinating, lively, and erudite discussion of the history, effects and therapeutic uses of CES by Dr. Bob Beck, designer of the Biocalm CES device. Highly recommended.
Cassette (NE210) $5.00

NEW!

The Biocalm
A high-quality prescription-only medical microcurrent CES device outputting a unique, harmonically rich 110-cycle biphasic square wave form, adjustable from 10 to 1500 microamperes. **(NE211) $595.00**

Nustar II

This small device "subliminally teaches control of meditational states by propagating an electronic signal through the brain," according to former NASA aerospace engineer and inventor Michael Hercules. "I became interested in the research revealing the many benefits of meditation," he told me, "and decided to construct a mechanical aid to help meditators overcome difficulties in reaching deep meditative states."

Hercules developed what he called the *Pulstar*, a box about the size of a small book, with a dial to control the intensity of the signal (in the 5 to 50 microampere range — well below the limits set by the FDA), and a frequency selector knob. Four electrodes were held against the forehead and behind the ears with a headband.

Extrapolating from his own research, Hercules recommended certain frequencies for learning specific mental states (such as 23 Hz for "centering" and relaxation; 10.5 Hz for physical healing; 7.5 Hz for focused inner awareness and creative thinking; and 6.3 Hz for accelerated learning and increased memory).

Hercules pointed out that the device produced what I have called the Bicycle Training Wheels Effect: "As a teaching device, its main purpose is to directly instruct the user how to duplicate the desired frequency at will. Once a particular frequency has been learned, the machine is no longer required."

In recent years the Pulstar has been modified, put into a smaller, more attractive and convenient package, and made available as the **Nustar II**, which features a selection of frequencies from 0.7 Hz to 12.5 Hz. The device is used by people in all walks of life: students who wish to improve concentration, musicians and artists seeking enhanced creativity, businesspeople who wish to reduce stress, students of meditation who want to achieve advanced states of consciousness, therapists, athletes wanting to enhance healing and mental strength, parents who need more energy and stamina.

The Nustar is small (3" x 5" x 1.75", 1.5 lbs.). It outputs a pulsed biphasic 90% duty-cycle square wave from 5-50 microamperes at 9V. Comes with 4-electrode elastic headband with velcro closure, padded travel case with shoulder strap and 2-ounce tube of conductive gel.
(NE201) $399.00

OR USE ORDER FORM ON PAGE 75

Sound Tables: The Ultimate Consciousness-Machines?

Whether they do it for the thrills and goose bumps or for more serious benefits, people love to "ride" these tables.

They're potent stuff, tripping the user through an overwhelming, high-impact musical experience by massaging your whole body with sound vibrations.

"Get Lost" in Music

In the '60s and '70s people didn't just "listen" to music, they "got lost in" the music, letting it overwhelm them, driving them into ecstatic, pleasurable states. These tables offer a way to experience music in much the same way, feeling it tingling your flesh and rippling up your spine.

"Profound" Experiences

Serious researchers, clinicians, hospitals and therapists use them too. They offer a deeply relaxing, pleasurable way to speak to people, including infants and young children, on an extremely emotional level. Dr. Jeffrey Thompson (see his tapes on page 11) has used such tables clinically for many years; now he is involved in making the PSI Sound Tables (see below). He points out, "A huge section of the brainstem and nervous system is devoted to sensing and processing vibration . . . So when you are lying on a sound table, powerful emotional information, in the form of musical vibrations, gets processed right in the part of the brain where our most deep-seated emotional programs reside."

Tools For Exploration can help you obtain any of the current commercially available sound tables. Below, we list very basic information on several different types. If you are seriously interested in considering the purchase of any of these products, call our toll-free number and explain the nature of your interest. We will arrange for you to be called by a manufacturer's representative who can explain the different sound tables in detail.

The Genesis

"The original" — and the inspiration for the whole phenomenon. A geometric cube octahedron frame from which a table is suspended. The bed of the table contains 6 powerful transducers which vibrate the foam bed. "Biostatic field sensors" regulate the sound so that it monitors and aids relaxation. Comes with an elaborate, high-quality audio console. Originally $56-68,000.
(NM230) Now only $25,000

The Vibrasound

A bit different, this: A waterbed-like medium conducts the sound for a super-sensual effect, while a powerful sound-and-light machine lets you see the music as swirling color patterns. Listen to music on the professional-quality audio console (included) through top-of-the-line headphones. **(NM209) About $15,000**

Discovery Sound Table

Enjoy the whole-body vibration massage of waterbed sound, powered efficiently by big 10" speakers — and at an affordable price! Lightweight, UPS shippable, and attractive. Just attach your own audio equipment.
(NM217) $3,400

PSI Sound Table

A fully portable table with speakers, built onto a massage table to Dr. Jeffrey Thompson's specifications. Just plug in your own sound system (RCA jack or speaker wires). Professionally built and upholstered, this is probably the most affordable way to own a sound table. The PSI tapes (see page 11) were made specifically to be used on this table. (Pictured at top of page.)
(NM234) Only $1,495 (Inquire about other PSI tables)

The Betar

Several versions exist. The most elaborate is a geodesic dome frame with a table suspended from it. Sensors supply simulated magneto feedback to the operator. Esoteric circuitry helps create "phase conjugate wave" forms. An elaborate sound console is included too. The least elaborate, the "Baby Betar," is a free-standing table with speakers which vibrate the naugahyde-covered foam bed.
(NM231) $4,200 to $45,000

The RestRider

Partially enclosed around the head, you listen via speakers instead of headphones. You're lying on a gel-filled waterbed (like a dry-floatation tank) and watching an enclosed TV too.
(NM232) About $15,000

Somatron Chairs and Tables

Perhaps there are more Somatron units in existence than all other sound tables combined. Somatron mounts small speakers into quality massage tables and reclining chairs. Deluxe models include audio console and even a cover. Full stereo separation.
(NM233) Models range from $1,200 to $6,000

TO ORDER CALL 1-800-456-9887

Mega Machines

We recommend a number of important "mega" devices (usually costing over $1000 and sometimes over $10,000) and we provide them to customers, usually on a special-order basis. Since buyers of such expensive machines need personalized or detailed information, we do not attempt to describe them fully in our catalog.

Information packages on the following machines (with more details, including technical specifications, research papers and pricing) are available from Tools For Exploration for $5.00 each. When ordering such a package, let us know if you are interested in making a purchase and want to be contacted by a salesperson.

The Brainwave Biofeedback Synchronizer

Dr. Les Fehmi's five-channel phase-sensitive EEG computer provides auditory (and/or visual) biofeedback when all five channels show that the whole brain is *in phase*, or in a state of synchrony at any frequency between delta and high beta — "your own personal Zen meditation teacher."

(Additional charges for shipping.)
(NM216) $3,195.00

Chrysalis:
Build Your Own Float Tank
By Peter Reich

This is a clear and easy, step-by-step guide to the construction, assembly and maintenance of an inexpensive but fully functional (and attractive) flotation tank. It includes not only a complete list of specifications and materials but gives you addresses and phone numbers of recommended suppliers and even provides some already-prepared order forms. The total cost for parts and materials for the Chrysalis float tank will run about $550, and Epsom salt will cost about $200 more, plus shipping. Paperback
(NB005) $40.00

Multi-User Sound & Light

Several options are available to salons, clinics or teachers needing to provide sound/light sessions to multiple individuals simultaneously. Please call for details

"Where the Mind Meets the Body"

NEW! THE SYMMETRON™

This extraordinary machine consists of a comfortable reclining chair which moves in a gentle circular wave-like motion, rocking or "flowing" the user in an omni-directional rotation. It has a gradually tunable speed of motion, from a gentle but intoxicating "high" setting to a subtly delicious, boundary-dissolving ultra-slow motion.

Gentle motion of this kind provides vestibular stimulation and beneficial "exercise" for the balance-sense, mind and body. Readers of *Megabrain* learned of the Graham Potentializer, one of the most powerful mind-body tools ever devised. Sadly, its cost was well over $12,000, and it has long since ceased production. Now the Symmetron provides an improved version of the benefits of the Graham Potentializer at only a fraction of the cost.

(NM235) $3995.00 (Price subject to change. Additional charges for shipping.)

Flotation Tanks

The ultimate relaxation and mind-enhancement device. The user floats weightlessly, in total darkness, in 12 inches of body-temperature water saturated with 1000 pounds of epsom salts, producing the most profound relaxation available on this planet.

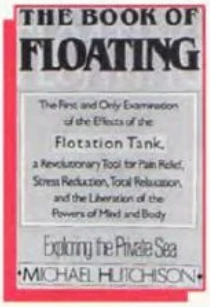
A wealth of scientific research suggests floating is also an ideal environment for activities involving creativity, accelerated learning, self-suggestion, and exploration of internal states.

We highly recommend the SAMADHI TANKS, which involve a basic and complete stand-alone system (no external water connections necessary), including pump, filter, water heater with accurate temperature control, air circulation system, and pump timer. Optional accessories include built-in transducer speakers for stereo sound while floating, a powerful ultra-violet water sterilization system (so you don't need chemicals like chlorine), a precision timer, etc. Systems start at under $4000. Other excellent systems include small "float rooms" from Tank Alternatives, a company that also consults and/or provides a kit for do-it-yourselfers, and elegant, gracefully-designed flotation systems from Floatarium.

Our Flotation Tank information package includes information about Samadhi Tanks, Tank Alternatives, and Floatarium Tanks.
Flotation Tank Information Package
(NM220I) $5.00

"The potential of the tank is that your old accepted tape-loops about what is real go, and you begin to have direct experiences which now teach you something you didn't know before, and this has occurred in practically every case of people who are willing to spend time in it — this doorway into your new spaces."

— Dr. John C. Lilly, neuroscientist, author of The Center of the Cyclone



The Book of Floating: Exploring the Private Sea
By Michael Hutchison

This in-depth study of the effects and uses of flotation tanks has been praised by Dr. John Lilly as "a superb book," and by Marilyn Ferguson as "a comprehensive, practical guide to a powerful technology of change." Chapters on floating and brainwave activity, hemispheric dominance, neurochemistry, visualization, self-hypnosis, relief of pain, improving athletic performance, losing weight, eliminating depression and anxiety, accelerated learning and much more.
(NB004) $9.95

New Technology Bathes Your Eyes in Color, Helping You to "Shift Gears" into Profound Stress-Reducing States

THE STRESS SHIELD™

Pictured in color on page 78

Gazing at color appears to have a powerful impact on human consciousness, relaxation, and the way we handle stress. People who relax for 15 minutes while gazing into a featureless green field have reported incredible improvements in their feelings of physical well-being, and in their ability to focus their minds.

The Stress Shield™ is a long-awaited breakthrough: an inexpensive, well-made product that combines the powerful properties of light and color — along with something unique! Please read on:

Gazing Into the Void

Remember descriptions of "snow-blind" arctic explorers? A German scientist in the 1930s identified this as the "ganzfeld" effect. When looking deeply into an unobstructed featureless field of light, you blank out. You don't see blankness — you "forget you have eyes." Attention turns inward, and you slip into a deeply relaxed, meditative state. Thoroughly researched, the "ganzfeld" (or undifferentiated visual field) is considered by many to be one of the most reliable techniques for entering such states of consciousness.

- **Red has been correlated with increasing energy, counteracting the blues and stimulating the senses.**
- **Yellow seems to enhance mental/creative abilities.**
- **Green can be deeply relaxing, reducing anxiety and stress and supporting psychological balance.**

Using the Power of Color

Why does color appear to have such dramatic influences? One theory is that certain wavelengths of light (each color is a certain frequency) are read by the light-sensitive pineal gland, a primary regulator of the whole body-mind located deep in the brain.

High-quality goggles with adjustable soft eye-cups block outside light while they envelop each eye with a uniform field. Experience Red, Green, or Yellow light, diffused across membranes much like the insides of ping pong balls.

Runs on 2 AAA batteries. Comes with stand, travel pouch, and 90-day warranty.
(LM102) $149.95

We Really Love This One!

Talk about popular! At first, Stress Shields were hard to keep in stock, simply because our staff kept taking them home. I can't remember a product that people have enjoyed so deeply and thoroughly. The "head chef" at the Mind-Tech "Cafe" recommends you try this new item for a special treat!

Also — be aware that there is more to the Stress Shield than meets the eye. At least three separate R&D teams failed to develop an effective ganzfeld. It is extremely difficult to seal out ambient light, supply an undifferentiated field of light (without "hot spots"), make it comfortable, and keep the product affordable. The Stress Shield does all that, PLUS gives you the powerful effects of colored light — and it's affordable!

- It can transform the way you feel!
- Select Green, Yellow, or Red light
- Seals out ambient light
- The best "ganzfeld" on the market
- Comfortable, collapsible, light & portable
- Includes carrying case and stand

Special: We'll include the acclaimed 253-page hardbound book, *Light: Medicine of the Future* by Dr. Jacob Liberman — a $22.95 value — for only $15.00 extra. The Stress Shield + Book (LM103) $164.95

Jacob Liberman on Light

Jacob Liberman, O.D., Ph.D., is a practicing optometrist and a pioneer in phototherapy techniques who has used light to improve vision, to boost the academic performance of children with learning disabilities, and to effect dramatic physical and emotional healings.

Have you recently begun hearing about light's powerful effects on human health and consciousness? It's important news. Dr. Jacob Liberman is the dynamic individual who has created so much excitement about light, and he's an ideal source of information if you're interested in learning more.

The Book:

Light: Medicine of the Future
This is the first popular book on the power of light to affect brain function and total health. It is engaging, readable, and non-technical, yet at the same time it delivers a wealth of information on the science and history of light therapy, and on the clinical documentation of the power of light and color to affect our emotions and physical health, deeply and permanently. Hardbound 253pp
(LB102) $22.95

The Tapes:

Jacob Liberman: Recorded
In each of these two superb and captivating presentations, Liberman covers similar material in a unique way. He describes light's neurophysiological effects on the human body and the therapeutic value of light and color in the treatment of a variety of physical and emotional disorders. He discusses how unresolved emotional traumas eventually manifest as addictive behaviors and physical illness. He explains how the use of light and color can act homeopathically to help these issues achieve resolution, thereby improving both emotional and physical well-being.
Jacob Liberman Videotape (VHS): 110 minutes (LV110) $29.95
Jacob Liberman Audiocassette: 90 minutes (LV111) $11.95

TO ORDER CALL 1-800-456-9887

If Light Is a Nutrient, Try Some "Health Food"!

THE ORIGINAL OTT LIGHTS

- High-quality light brightens your mood
- Full spectrum nourishes body and brain

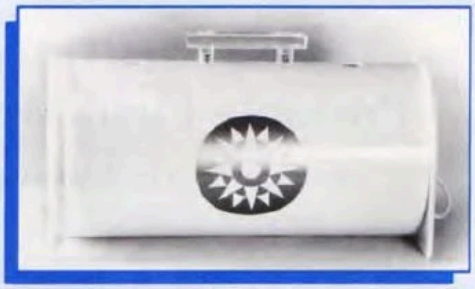
The more your body/mind is stimulated with high-quality light, the better you feel and perform. Dr. John Ott, the pioneer of modern research into light as a nutrient, participated in the design of Ott Light Systems. Fully self-contained Ott Lights not only nurture your mind and body with top quality full-spectrum light, they're carefully engineered, grounded, and shielded to eliminate electromagnetic pollution not only from electrical fields but (a rare feature!) from RF fields.

Depending on the individual, Ott lights may induce a brighter, calmer mood, relieve Seasonal Affective Disorder (the "winter blues" and "windowless-office blahs"), counteract eyestrain from working at a computer monitor, and encourage overall well-being.

The Ott Light Systems Table Model measures 1' x 2'. It is fully portable and well-suited for computer, mood elevating, and passive fitness applications. Larger units, surface mount, and recessed fixtures are also available — please inquire.
$10.00 extra for Additional Shipping & Handling. (LS201) $299.95

Bathe in Subtle Energy As You Sleep

THE BIO-TRON PROJECTOR™



- A Bath of "biological electrons"
- Restore vitality while you sleep

This patented invention of Daniel Roehm, M.D., emerges from the still-controversial research of Dr. Johanna Budwig, a German physician who in 1951 identified "biological electrons" in sunlight, and concluded that they are "a source of energy our bodies can use." The Bio-Tron Projector replicates these "biological electrons" — pure, bio-available life-energy. You set the machine to point at your bed, flip the switch, and a gentle red light shines across your body as you sleep.

According to the inventor, the machine can make sleep more restful, while improving the users' levels of energy and fitness. Amazing enhancements in athletic performance have been reported by some regular users of the Bio-Tron Projector. (A competitive runner reduced his time for running the mile by 30 seconds in only a few months!)
$12.00 extra for Additional Shipping & Handling. (LP101) $210.00
Replacement bulb (LP102) $10.00

Other Books About Light:

Health and Light
By John N. Ott

Years ago, John Ott worked for Disney Studios, doing time-lapse (speeded up) films of flowers blooming and plants growing. He discovered that certain types of light killed things, and with other types of light, living things thrived. From there he went on singlehandedly to transform modern awareness of light and its effects on living things. In this, his most popular book, Dr. Ott tells you everything you need to know about health and light.
Paperback 229pp **(LB201) $9.95**

The Power of Color
By Dr. Morton Walker

This is a practical guidebook about color and its effects on you. It goes in depth into the characteristics of each color and the ways they can be used. Whether you are interested in the effects of the colors of the clothes you wear, the colors of your sunglasses, or the colors you paint your home or office, this is the book with the practical information you want.
Paperback 180pp **(LB202) $9.95**

OR USE ORDER FORM ON PAGE 75

Vivid Pure Colors

SHAKTI LIGHTS NEW!

Create an enchanting (and "en-lightening") indoor environment! It's hard to do justice to these luminous vibrant colors. Seven years in development, these are the first and only pure spectrum lightbulbs to produce the true colors of the entire rainbow — and with all-natural pigments.

Great for massage, chromotherapy, meditation, or to create a unique and unforgettable ambience. Each of the colors (red, orange, gold, green, blue, indigo, violet) relates to one of the seven chakras.

The A Set: 7 bulbs, 1 each of the Shakti Colors, all type "A". May be used in lamps and most standard fixtures. 40 watts per bulb.
$5 extra for Additional Shipping & Handling. (LX205) $39.00

The R Set: 7 bulbs, 1 each of all the Shakti Colors. Use in track and accent fixtures. 30 watts per bulb.
$5 extra for Additional S&H. (LX206) $49.00

NEW! **Harmonic Triple-Color Bulbs:** The most unusual lights in the world, each with bands of three different colors, create instant mystical effects. 3-bulb set includes "Shiva" (rose, turquoise & magenta), "Rama" (green, gold & purple) and "Krishna" (blue, yellow & red). *Pictured in color on p. 5.*
$5 extra for Additional S&H. (LX207) $21.00

NEW! **Infinity Lamp:** Especially developed for Shakti Lights, this lamp employs a flat, rounded screen to diffuse colored light for subtle effects in room lighting. *Pictured in color on page 5.*
$5 extra for Additional S&H. (LX208) $38.00
Note: The $5 extra S&H charge on these products applies only once to each order, regardless of size.

Light and Acupuncture: see The Light Shaker (page 59)

Electro-magnetic Fields: What You Don't Know Can Hurt You

By now most people are aware of the dangers of extended exposure to electromagnetic fields (EMFs). Numerous scientists have found correlations between exposure to certain EMFs and high rates of cancer, leukemia, heart disease and much more. Even the conservative U.S. Environmental Protection Agency, usually unwilling to challenge the electric power companies, has tentatively concluded that weak EMFs are a "possible . . . cause of cancer in humans." Most homes and offices have hot spots of strong artificial electromagnetic fields, where prolonged exposure may cause mental or physical stress.

Reducing, Shielding, or Counteracting the Hazards

The most reliable way to protect yourself is to measure, identify, and avoid all fields. This is frequently impossible or impractical. Various new products attempt to reduce the undesirable characteristics of unwanted fields. Some are validated by scientific studies, some by clinical reports, and others only by scientific and theoretical speculation. Our task has been to review countless tools in this category, and to choose those we think are most legitimate, intriguing and promising.

Detect Electromagnetic Pollution Three Ways — Very Affordably!

THE TRIFIELD METER™

Did you know that the strength of potentially hazardous electromagnetic fields (EMFs) can vary dramatically from one spot to another, even in a small room? By moving a bed, desk or crib away from a "hot spot," you can greatly reduce long-term exposure to EMF.

Until recently, EMF meters cost $300 or more. When affordable ($150) meters were finally developed, they detected only magnetic fields in one direction only — so to get the measurement for any one spot, you had to patiently rotate the meter in all directions, watching it the whole time. *Only* the **TriField** measures electric fields *and* magnetic fields *and* radio and microwaves *in all directions simultaneously,* numerically and with a safety scale indicating SAFE/BORDERLINE/HIGH.

- **A single meter measures the whole array of electromagnetic influences**
- **Fast, easy operation**
- **Unprecedented low price**

Using this meter, we've discovered some unexpected hot spots (our microwave oven, for example, was blasting us as far as across the room). Walking down the street you may find intense EMF hot spots near electrical power hookups. This can definitely expand your awareness.
Includes one-year limited warranty, battery, and instructions.
(Calibrated to U.S. current) (AL901) $125.00
(Calibrated to European current) (AL920) $125.00

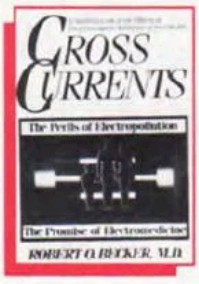
The Lowest Priced Portable Field Meter

MAGNETIC FIELD SCANNER

This slimline meter represents an unprecedented value! Press a button and if AC magnetic fields are present, a series of LEDs gradually light: green (at 1 milligauss) / yellow (at 2 milligauss) / orange (at 5) / red (at 15) / deep red (at 30) — indicating the intensity of the field. Like the Tri-Field, this meter reads the field in all directions. Lo-battery indicator. Includes 9V battery and instructions. One-year limited warranty.
(AL910) $49.00

DISCONTINUED

Cross Currents
By Dr. Robert O. Becker

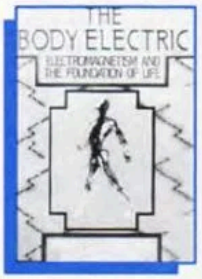


Cross Currents, by a Nobel-nominated medical researcher, has been hailed as "the single best guide on electrobiology now available." Jeremy Rifkin calls it "a fascinating, thoughtful, and accessible account of the emerging field of electromedicine. A timely and alarming warning on the hazards of electropollution." Paperback 336pp
(EB103) $12.95

Current Switch: The Video
How To Reduce or Eliminate Electromagnetic Pollution in the Home & Office
By John and Trish Banta

The *only* practical guide to minimizing exposure to unwanted manmade electromagnetic fields. It includes step-by-step information on dealing with electric blankets, water beds, computers, electronic equipment, microwave ovens, high tension lines, microwave transmitters, radar, and household wiring. It shows you how to map the hazards in your home environment, rearrange appliances and check wiring for proper phasing and grounding. Many books "sound the alarm" about electromagnetic pollution, but this really helps you to do something about it. 60 minutes.
VHS **(EB501) $29.95**

The Body Electric
By Dr. Robert O. Becker and Gary Selden



A great and important book, *The Body Electric* describes the career of Robert O. Becker, the orthopaedic surgeon whose research into electrical stimulation of limb healing in frogs led him to become a key pioneer in the long suppressed field of bioelectromagnetics. Paperback. 354pp
(EB101) $10.95

TO ORDER CALL 1-800-456-9887

Computer Radiation Protection Breakthrough

ELF PROTECH

The New NoRad ELF ProTech Actually Cuts Down Computer Monitor AC Magnetic Fields Below Stringent Swedish Standards!

This is the computer safety breakthrough we've all been waiting for! Until this product, I have sadly told many customers, "We sell products that effectively reduce electrical and ionic fields around your computer, but unfortunately the dangerous AC magnetic fields cannot be blocked. I know of no affordable way to reduce your exposure to AC magnetic fields without disassembling your monitor, altering it, and voiding your warranty."

Easy Proven Protection

ELF ProTech does the heretofore "impossible": it limits your exposure to ELF magnetic field emissions inexpensively and easily. Two simple, attractive bands, attached by velcro, are looped over the top and back of your monitor. Fields are attenuated in front, behind, above, and on all sides. It's designed to fit and be effective on monitors of every size and shape. For large monitors, two bands are attached to each other to form a longer band. Any computer can be treated with the appropriate number of bands, all of which are identical. The resulting reductions are typically to levels well below the benchmark level of 2.5 milligauss at the user position.

- Independent tests show up to 70% reductions of AC ELF magnetic fields surrounding VDTs
- Mounts externally to prevent voiding factory warranties and affecting computer performance
- Installs easily and quickly. No tools required
- Fits any VDT or TV monitor

Install it in minutes. Many users report feeling an immediate difference.

For 9" to 11" diagonal displays. Includes most PCs, clones and small Mac screens. (2 strips) **(ET611) $65.00**

For 12" to 15" diagonal displays. Includes Mac 13" RGB and IBM PS/2. (3 strips) **(ET615) $98.00**

For 16" to 21" diagonal displays. Includes many TVs, E-Machines T-16 and Radius Two-Page Display. (4 strips) **(ET621) $131.00**

Extra Shielding Panels. To expand any system so that it can accommodate a larger display. **(ET699) $37.00**

Block Monitor Radiation — and Get a Sharper View

THE NEW XR3+ COMPUTER MONITOR FILTER

Made of 1mm-thin flexible optical quality plastic, covered with a thin film optical coating like the coating on high quality eye glasses and camera lenses, the new improved XR3+ is a highly efficient, grounded conductor that drains away electrostatic charges and blocks electrical radiation and UV.

- Meets stringent Swedish radiation standards
- Outstanding optics vanquish glare & eyestrain
- Easy installation, competitive price

Durable and attractive, the XR3+ enhances contrast, sharpens images, reduces flicker, maintains true color and offers resolution and clarity. It can be customized to fit any computer monitor, including HDTVs, oversize workstations and CAD/CAM monitors up to 21" diameter.

Select your screen size by measuring the diagonal dimension of the glass monitor. Compare it to the sizes that follow. Includes cleaning solution.

For 9" to 11" diagonal displays (ET711) $104.50
For 11" to 15" diagonal displays (ET715) $124.95
For 15" to 18" diagonal displays (ET718) $174.95
For 18" to 24" diagonal displays (ET724) $284.95

Blanket Your Computer with a Curtain of Negative Ions

THE SCREEN ELF™

". . . a most incredible device! Since using it, I have less fatigue, more alertness, a mild sense of well being — lightness in the air." — David Tresan, M.D.

Just set the Elf on top of your monitor and plug it in — and eliminate many computer miseries. Neutralizing the very radiation factors (positive ions and static) that cause discomfort in 75% of computer users, the Screen Elf sprays a barrier of negative ions between you and your monitor to eliminate factors that have been associated with chronic headaches, fatigue, stress, and eyestrain in many users.

The Screen Elf's unique patented pulsed plasma process blows air charged with negative ions down across your screen at 250 ft/min *without a fan*. This gradually changes the ionic environment in the 150-cubic-foot area in front of the monitor, so the air feels cleaner, fresher, more alive. Regular ionizers can't produce these effects without damaging your equipment.

(ET603) $69.95

OR USE ORDER FORM ON PAGE 75

REVOLUTIONARY!

True Whole-Room Ionization

PLASMA PULSE

Deodorize & "Super-Clean" the Air for 1 Cent/Day!

You've never seen an air cleaner like this before — we promise! New patented cold-plasma ionization technology performs true whole-room ionization — something never before possible. And Tools For Exploration is introducing this revolutionary ionizer into the United States *exclusively* — you can't buy it anywhere else!

Pictured in color on page 79

What makes it better? The patented cold-plasma ionization technology creates an invisible fountain of negative ions which shoot upwards and then circulate throughout the room (or car, boat, etc.). The whole room becomes gently but evenly ionized, without the unnatural sharp voltage differentials associated with conventional ionizers. Even when touched, it does not give you a shock! It uses so little electricity (3 watts) you can operate it for *less than 1 cent per day.*

- Eliminates bacteria-caused odors
- Reduces pollen in the air
- Knocks down cigarette smoke & odor
- Greenhouse plants grow healthier
- No "dirty walls" near this ionizer
- No interference with car phones, computers, etc.

It cleans air three ways: (1) Air is cleaned thoroughly as it passes through the ionizer, moving at 300 feet/minute without a fan, moved only by virtually silent electrostatic action. Rinse off its foam filter periodically, like wringing out a sponge. (2) In your newly negatively-ionized environment *dust simply cannot float!* It falls to the floor where it can later be vacuumed or swept. (3) Simultaneously, odors are eliminated completely (not covered up), leaving the room smelling fresh and clean, like a waterfall or air swept clean by a thunderstorm.

It's a multi-purpose air-cleaner and "indoor environmental enhancer" worth far more than its modest price. We think this unit finally offers everything ionizers were "supposed to be" — all of the benefits (and more) with none of the drawbacks!

PlasmaPulse 100 (110V AC) **(PP101) $99.95**

Genesis 1000

The best oxygenation product of its kind! Genesis 1000 stabilized electrolytes of oxygen is an efficient, concentrated, non-toxic alternative to hydrogen peroxide. It consists of sodium chloride and various electrolytes of oxygen in a stable alkaline aqueous solution. Half an hour after each meal, put 8-10 drops in an empty glass, add water, and drink. It purifies water within minutes of contact. And Genesis 1000's oxygen is released into the plasma in an O2 form, enabling it to be readily picked up by hemoglobin and delivered safely to the cells. Genesis 1000 can be combined with other dietary supplements (frequently boosting their effectiveness). 2.5 oz. bottle.
(FZ171) $17.95

- All-in-one mouthwash, water purifier, oxygenator
- Safe for children

Fresh Air with Activated Oxygen

FMC AIR PURIFIERS

For returning the air in your home or business to a state of maximum "energy health" these are the most powerful air purifiers we have found. The FMC units are authentic whole-house ionizers that add oxygen (including tiny amounts of super-activated ozone) to the air. Many FMC units are recommended by doctors for ionization, pollen and dust control, but they're also effective against odors, bacteria, formaldehyde and smoke.

The FMC 330 and 440 use three separate processes: (1) An electron pulsator system emits millions of free electrons. (2) The FMC units pump out activated oxygen molecules (including ozone) which oxidize and destroy odor-causing contaminants so they can't return. This also neutralizes harmful gases like carbon monoxide and formaldehyde. (3) A long-lasting triple filtration system, involving activated charcoal, controls small airborne particles and gases.

All units run on 120V power. Whisper-quiet fan. Hand-rubbed oak or walnut cabinets. One year warranty.

The FMC 330:
Treats up to 1,500 sq. ft. 13"x9"x11".
In Walnut (FM331) $595.00

The FMC 440:
Treats up to 3,000 sq. ft. 22"x22"x12".
In Oak (FM440) or Walnut (FM441) $995.00

The FMC XR2:
No filters or ions, just oxygen/ozone. 11"x6"x6". **In beige ABS plastic.**
(FM102) $229.00

YES, WE PROBABLY HAVE IT!

If you don't see what you want in this catalog, give us a call. You can probably get any quality mind-tech product from Tools For Exploration, including hard-to-find items and brand new products — as soon as they are available, and at the lowest available price.

A Chinese Master's Energy — From a Machine

THE QI-GONG MACHINE

In China, Qi-Gong (pronounced "chee-gung") Masters are said to emit healing energy from their hands. When China's greatest Qi-Gong practitioners were studied scientifically, one effect stood out: the presence of a low frequency acoustic signal (called "Wai-Qi"). This machine, developed by Dr. Lu Yan Fang, produces the same infrasonic impulse. Today Chinese hospitals use this award-winning machine with thousands of patients under a wide variety of conditions.

In the United States, the Qi-Gong Machine is offered as a therapeutic massager, effective for pain relief, relaxation and improved local blood circulation. It is also used by acupuncturists as a powerful means to add "qi" to the body. Originally skeptical researchers have conducted studies showing that Qi-Gong Machine users can learn how to enhance EEG and synchronize alpha rhythms throughout the brain. Users report greater well-being, noticeably enhanced energy, clearer thinking, pain relief and a more positive outlook on life.

(PE501) $495.00
Carrying case for Qi-Gong machine (PE502) $25.00

The Violet Ray

It's an enduring classic. Acupuncturists use it to "move the Qi," while dermatologists and cosmetologists use it for the skin and scalp. A high voltage, low amperage source of static electricity with a high frequency signal (over 10,000 cycles per second). The Violet Ray is a historically important life-energy tool, mentioned over 800 times in the Edgar Cayce readings associated with conditions ranging from baldness to poor circulation to pain.

With bulb-type applicator (PV805) $219.00
With extra (comb type) applicator for scalp (PV806) $249.00

Eberhart's Manual of High Frequency Currents
A reprint of the classic text on the Violet Ray from the turn of the century.
(PV807) $35.00

OR USE ORDER FORM ON PAGE 75

Pure Monochromatic Red Light

THE LIGHT SHAKER

Who would have thought that something as commonplace as light would become the new "high-tech" tool of acupuncturists and other leading-edge professionals? The Light Shaker shines a focused beam of red light (LED) on irritated cells or acupuncture points — a process called "photo stimulation." This small, battery-operated unit (fits in pocket or purse) photostimulates the selected area on a continuous (sedating) or pulsed beam (stimulating) basis. Used by physiotherapists, acupuncturists and other health professionals.

Learn How to Use:

- Color Therapy
- Acupuncture Point Stimulation
- Energy Balancing & Stimulation

Technical Data:

- Based on Expensive Laser (HeNe) Technology
- Safe 660 Nanometers Wavelength
- 4000-6250 Millicandle Illumination
- Pulse Rate: 250 cycles/second
- Powered by 9V Battery (included)

Regularly $169.00, yours for only $139.00.
The Light Shaker (LS101) $139.00

4-Minute Energy Balancer

THE MRT BIO-ENERGIZER

We have received extremely strong response to this remarkable tool. Invented by leading-edge scientist/engineer Dr. Bob Beck (creator of the Brain Tuner), the MRT Bio-Energizer is a hand-held, battery-powered Tesla-Coil-type spark generator that directs high-frequency energies to the body through acupuncture points. It comes with instructions for an easy five-minute energy-balancing regimen.

Unlike Piezo-electric sparkers (Acu-Zapper, Acuspark, etc.), this "continuous" transmitter produces an occasional mild tingling (rather than a series of "shocks") and requires no direct electrical contact with subjects.

Technical data:

- Output is 14-20 kilovolt arc discharges plus ionized plasma at 10 pulses/second
- 1/10,000 sec. non-linear bursts with beneficial harmonics in the gigahertz frequencies
- 1½" wide, 1" thick, 8¼" long
- Uses single 1.5V "AA" cell
- Battery life: approx. 50 4-minute treatments

(NE203) $350.00

A Full Selection of High Quality Magnets

Magnetic Spots

20 small 600-gauss magnets, each with adhesive for applying to the body.
(MH101) $10.00

Yama Style Magnets

A pair of 1000 gauss "Yama" style magnets.
(MH102) $40.00

Magnetic Foil

12 pieces of very flexible 250 gauss magnetic foil similar to that recommended by Dr. Hanneman. 1½" x 6".
(MH103) $35.00

SAVE!

Magnet Therapy Kit

A basic assortment of tools as recommended by Holger Hanneman. Includes 20 adhesive magnetic spots, 2 Yama magnets, 12 magnetic foils, and 2 magnetic patches. A $125 value.
(MH201) $108.00

From Buryl Payne

BIOMAGNETISM KIT

Over 20 different types of permanent magnets, a sheet of "magnetic field paper" which visually displays iron filings as they align to the magnets' lines of force, and a wonderful booklet of simple, fun experiments on the effects of magnets on the taste of food, plant growth, and aches and pains. Designed by Buryl Payne.
(MD401) $29.95

Powerful Ceramic Magnets

Encased in strong plastic housing with poles color-coded, North side white. Ideal for research or magnetic therapy study. 1000 gauss rating. Compare our prices!
Ceramic Magnets: ½" x 1" x 2" (pair) **(MN102) $14.95**
Ceramic Magnet: 1" x 4 ½" x 6 ½" (1 only) **(MN106) $24.95**

Super-Powerful Alloy Magnets

Neodymium-iron-boron magnetic material, the most powerful magnet material available, is used for the "super magnets" identified by researchers and writers. Except for minis, in color-coded plastic boxes, North side white. 3000 gauss rating.
Box Magnet: ½" x 1" x 2" **(MN121) $29.95**
Disc Magnet: ½" x 1¼" diameter **(MN125) $29.95**

Multi-Pole Magnetic Pads

Many ask us about the patented multi-pole products sold by a Japanese multi-level marketing company. Their magnets appear to be excellent, but expensive. Our flexible multi-pole magnetic products give you equivalent magnetic power and a striped polarity pattern at a fraction of the cost.
The Mini: 2" diameter (pair) **(MN171) $ 7.50**
Thin Multi-Pole Pad: 5" x 7" (pair) **(MN175) $15.00**

Multi-Pole Kit: 2 Minis, 2 pads, 2 3" x 7" belts, and 2 1½" x 6" strips **(MN179) $29.95**

Specialty Magnet Products

Leather Pouch Pendant
Attractive pendant holds 1200 gauss Alnico 5 magnet.
(MN251) $19.95

Wrist Band Set
2 elastic blue 650 gauss bands.
(MN252) $19.95

Water Conditioner Set
In each unit, two magnets are set together on straps for easy installation on your water line. Set of 2 units.
(MN201) $39.95

Fuel Treatment Kit
Have you seen the fuel treatment units for $60-$200? This is nothing fancy, just enough super-strong magnets to treat fuel on two cars for only $25. Some people report huge gas savings; we've seen big decreases in hydrocarbon emission measurements. Simple instructions included.
(MN202) $25.00

Polarity Finder
An inexpensive, well-marked magnet, with instructions on how to use it to find the polarity of any other magnet.
(MN199) $5.00

We Do Not:
1) Prescribe magnets or advocate them as a way to treat medical conditions.
2) Give advice on how to use magnets on the body.
3) Sell magnets at inflated prices.

We Do:
1) Offer all the best books on biomagnetism. *(page 71)*
2) Offer a complete selection of high quality magnets.
3) Sell magnets at economical "commodity" prices rather than high "specialty-item" prices.

A NOTE ON POLARITY: Use this chart to clarify what is meant by North and South:

What We Call "North"
Seeks Earth's South Pole
The Planet's Own North Pole
Industrial "South"
Philpott's "Negative"

What We Call "South"
Seeks Earth's North Pole
The Planet's Own South Pole
Industrial "North"
Philpott's "Positive"

TO ORDER CALL 1-800-456-9887

Environmental Clearing

NEW!

THE SPACECRAFTER™

Turn on the SpaceCrafter and purify the energy of your indoor environment at a very deep level. Use with geopathic zones, ley lines, or a combination of such factors such as the dreaded "double grid" — or if you are simply concerned about the leftover energies in a hotel room or therapy office. Designed by Peter Lindemann, the SpaceCrafter electronically treats the energy field of your indoor environment across a whole spectrum of frequencies. Its effectiveness has been confirmed repeatedly in independent tests in Germany and America. 8"x5"x1½" Batteries included. Limited lifetime warranty. **(PE601) $495.00**

The Earth's Pulse in Your Pocket

THE MICROHARMONIZER™

Since the beginning of life on Earth, all living things have been bathed in the rhythmic pulsation of the Earth's natural frequency, the "Schumann Resonance" (7.83 cycles per second) — sometimes called "the brain wave of the planet."

Unfortunately, today most of us are exposed almost continually to a wide range of artificial electromagnetic signals. Some scientists believe that this "electromagnetic pollution" masks the natural, beneficial Earth Pulse. Some researchers believe that a scalar field generator pulsed near 7.83 Hz can help us counter the effects of man-made electromagnetic fields, by providing a "pacer."

The MicroHarmonizer produces a magnetic field with the pulsing rhythm of the Earth itself. It can subtly replicate the rhythmic signal of the planet.

The MicroHarmonizer is classy and convenient, with an excellent slimline case, unbreakable metal belt-clip, and easy-to-use switches. Barely larger than a wristwatch, it fits neatly in your pocket or clips to your belt. It is the only high-quality scalar signal generator with frequency-stabilized 7.83 Hz output, optional 3.91 Hz setting, and two intensity settings.
(PE603) $119.00

Tapes

Introduction to Mirror Talk
An actual example of how reverse speech taught one couple some important lessons in honest communication. Plus practical information on creative uses for the Mirror Talk Machine *(pictured at right)*.
(MT001) $9.95

Introduction to Reverse Speech
Listen to reverse recordings of Neil Armstrong's moonwalk, the Kennedy assassination, American POWs during the Gulf Conflict. Created by David Oates.
(MT002) $12.95

The Book

Reverse Speech by David Oates
A full discussion of the theory and practice of reverse speech technology by a startling, highly original thinker. "A truly novel, creative, and profoundly important discovery . . . may prove to be of Nobel caliber." — Larry Dossey, M.D. Hardcover 275 pp
(MT003) $29.95

The Tools

Basic Mirror Talk Machine
This machine will enable you to play any normal audiocassette **backwards at variable speed**. Includes training cassette, training manual, and headphones. 90-day warranty.
(MT004) $149.95

Deluxe Mirror Talk Machine
Record *and* play on this quality Aiwa machine with variable speed control. Includes training cassette, training manual, and headphones. 90-day warranty.
(MT005) $299.95
Note: See also Page 77, "Mind Journey Cassettes," including "Mirror Talk."

Mirror Talk?

Reversible, Variable-Speed Tape Players

Why listen to speech backwards? A new book, and a rapidly growing network of enthusiastic users, claim that each time we talk we send a profoundly revealing hidden message *which can be heard distinctly when recorded speech is played backward.*

At first, this sounds preposterous, but a number of scientists claim there is evidence that the subconscious mind recognizes words and short phrases in reverse.

Hidden Messages in Ordinary Speech

Upon first hearing it, people say, reverse speech sounds like a foreign language, but soon listeners pick out a word, then a phrase, and as they become proficient **they hear full sentences telling otherwise hidden truths.** It is being heralded as a powerful "periscope" — a direct look at what is otherwise concealed "on the other side" of conscious awareness, and a way to uncover deceit!

Obviously, this is a new theory. But for many years I have wished I could get hold of a reversible, variable-speed tape recorder on which I could listen to ordinary speech backwards. Why do so many people, including psychologists and researchers, hear meaningful messages in the garbled sound of their own reversed speech? Now we can all find out for ourselves!

High-Energy Colloidal Water

FLANAGAN CRYSTAL ENERGY®

Crystal Energy® is a liquid concentrate that, when added to other liquids, helps enhance their absorbency. This is accomplished by altering their molecular structure, thereby reducing surface tension.

Uses for Crystal Energy

Crystal Energy is used in drinking water and other beverages, especially coffee and tea. It can be used on cut flowers to maintain freshness; to rinse vegetables and fruits; to cut cooking time of many foods; to mist houseplants; to catalyze bath or spa water; to wet toothbrushes or mouthwashes; to super-wet shampoo or other hair care products. It can be used to prevent nicks while shaving.

Ground-Breaking Research

Dr. Patrick Flanagan inherited the work of Dr. Henri Coanda, who held over 500 patents pertaining to water and fluid dynamics. Dr. Coanda studied the waters of the Hunzas and of four other places on Earth associated with reports of longevity and excellent health. At the age of 77 he passed his research to Patrick Flanagan, who was then an 18-year-old electronics prodigy. After 20 years of research, Dr. Flanagan, assisted by his wife, Gael Crystal, discovered how to duplicate and concentrate the special waters which had so interested Dr. Coanda. They developed a 33-step manufacturing process utilizing the unique influences of vortex mechanics.

Crystal Energy
A 1.25 oz. dropper bottle treats 7+ gallons of water. Use 7 drops per 8 oz. glass.
(CE103) **$15.00**

Amazing Face™
Hydrate, soften and silken the feel of your skin, helping protect it from the drying effects of sun, wind, and cold with EFA-rich Flax Seed Oil, Vitamin E and "Microclusters," formulated into a powerful surface-active "skin food." 4 oz. jar.
(CE104) **$29.95**

Muscle Magic Crystal Energy Gel
A combination of Flanagan Microclusters with the best traditional ingredients such as camphor, menthol, peppermint oil, eucalyptus oil, and wintergreen, speeds proven natural ingredients to where they do the most good for relaxing sore aching muscles after exercising or for any other reason. 4 oz. jar.
(CE105) **$18.00**

"Miracle" Crystal Energy Gel
A multi-purpose skin care gel for both men and women. It is a low surface-tension gel matrix with Aloe Vera and Trace Minerals that helps enhance the skin by helping replace surface water. 4 oz. jar.
(CE106) **$18.00**

A Complete Set of All Crystal Energy Products (a $80.95 value) (CE107) **only $69.95**

A Fresh, Green Blend of Enzyme-Rich Ingredients

EXHILERA: FRESH LIVING FOOD

This is a wonderful product and a great value. I recommend it highly!

For years I have been a regular user of spirulina, blue-green algae, chlorella, barley sprout juice powder, and other "green energy" products. They've provided me with a gentle, healthy, vibrant nutritional "boost" — I have always felt noticeably better and brighter when I have made them a part of my diet.

I was delighted when I encountered this green powder formulated out of spirulina, barley juice, wheat juice, lecithin and apple fiber. For me, it is by far the best "green" product I have ever used. I am amazed by how great I feel when I use it regularly.

Exhilera contains a marvelous combination of spirulina, powdered barley and wheatgrass juices, enzyme-rich sprouts, soluble fiber, lecithin and herbs. It is like drinking a super-powered salad full of life-giving nutrients every morning.

Exhilera's ingredients include:

Green Barley Juice, Soluble Apple Fiber, Hawaiian Spirulina, Green Wheat Juice, Astralagus, Milk Thistle, Ultra Pure Soya Lecithin, Enzyme Super Sprouts

And a suggested daily amount contains:

- 13,275 I.U. of Beta Carotene
- 5 mcg Vitamin B-12 (84% RDA)
- 100 mg. RNA/DNA
- 230 mg. Phosphatidylethanolamine
- 15 mg. Coenzyme Q-10 (emulsified form, 3x better absorption)
- 354,000 mcg. Phycocyanin
- 26,500 mcg. Chlorophyll
- 1,000 mg. Astralagus
- 1,000 mg. Suma
- 500 mg. Pyroglutamate
- 70 mg. Milk Thistle 80% standardized extract
- 500 mg. vegetable culture source Superoxide Dismutase/Catalase containing 3 million units of antioxidant activity (or 500 MFU & 500 BSU)

These ingredients are famous for their exceptional benefits and notorious for their unappetizing taste. One of the miracles of Exhilera is that it tastes great blended into orange, pineapple or vegetable juice. Take a single heaping tablespoon before breakfast, stirred into orange or apple juice. In fact, you can use this to wash down your morning supply of **Megabrain Nutrients** (see pages 38-39). Take up to 3 rounded teaspoonfuls spaced throughout the day. Exhilera is sold primarily through a network marketing organization devoted to healthy, natural products. When ordering, please indicate if you don't want to receive information about that opportunity.
Exhilera (7 oz. bottle contains a 30-day supply)
(FE101) **$46.70**

Vita-Minder™ Drink Mixer

This little hand-held battery-powered mixer is the perfect way to stir Exhilera or other powders into fruit juice, water or other drinks. It comes with two different stirring attachments and a vinyl carrying case.
(FE102) **$7.50**

TO ORDER CALL 1-800-456-9887

THE ENERGY OF LIFE

A friend's dalmatian just had puppies. You watch them nuzzle, roll, and flop — a steamy tangle of energy so pure and fresh, they seem all eyes and electricity. When you stroke their heads, your fingers tingle.

You are astonished by the strength and immediacy of this energy — by the mystery of it, and by your sudden understanding that it pulses everywhere all the time.

At the heart of almost every philosophy and religion is an acknowledgment of this animating force, a current that moves equally through waves and planets, grasses, forests, and children.

This vitality — intense, sustaining, and pervasive as it is — has never been measured or even verified scientifically.

And yet there are scientists and engineers who have not forgotten about this energy everyone can feel but no one can measure. They risk the ridicule of colleagues to work on this awesome riddle, this miraculous life-force, trying to understand it, explain it, and make it more freely available to those who need it.

We offer several admittedly unscientific products whose nature and effects we can't fully explain. We do know that some of them seem to enliven, brighten, or set free the sustaining radiance of things.

SOME PRODUCTS YOU MAY ENJOY . . .

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BioCircuits	30-33
Ott Lights	55
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ELF Protech & XR3+ Computer Monitor Filter	57
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Tachyon Energy Products	65
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Purple Plates	66
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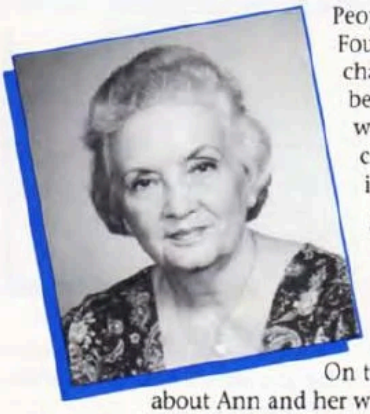
Pure Subtle Energy

TRANSPARENT ENERGY PRODUCTS



People swear by the work of Ann Johnson of The Ensearch Foundation. Her work began with spiritual inspiration — channelled instructions for creating the tools described below. They are clear acrylic tubular vials which encase water, inert gases and, primarily, energy. Each has been charged — permanently — with a different energetic imprint.

She has written, "You do not have to understand it to experience its benefits any more than you need to understand electricity to utilize and benefit from it." Good. I don't. So this rationally oriented catalog offers these products as "research tools."

On the other hand, I feel very good, intuitively speaking, about Ann and her work, and our customers have given us such an overwhelming, enthusiastic response to the products from Ensearch that they've eased any initial skittishness about a product so unabashedly "far out." I have personally used both the Lithium Generator and Fantazia. Was it just coincidence that I had rather dramatic experiences exactly like those Ann predicts when using her products?

The Harmonizer
The Harmonizer is precisely formulated and constructed for maximum healing potency. It is said to have a 10-foot-radius energy field that transmutes most undesirable energies. Its greatest power is released through water. Immerse it in drinking water or a drawn bath. Change the energy in a room with an open bowl of treated water.

The Harmonizer
(1½" energized vial with pouch)
(PP804) $40.00

The Harmonizer Wand
(7" Harmonizer for stirring convenience)
(PP805) $60.00

Fantazia
Ensearch calls it "our first and foremost product." Fantazia and Water of Life (below) are the only Ensearch products that you actually drink. Fantazia is designed to increase light within you, and to help purify negative influences from virtually any source. It is usually used one time only for continuing benefits. 4 ounces.
(PP800) $40.00

Water of Life
Drink Water of Life in three equal four-ounce amounts at bedtime once a week to help open dormant intuitive faculties, and to cancel out any unnatural energy patterns placed in your body without your permission. 12 ounces.
(PP811) $100.00

Lithium Generator
Lithium is the element that carries light and information. Twice daily, drop this 1¾" vial into a glass of water, then drink the water. For a "recharge" when you need it, to combat a sagging spirit, or to even out the cycling of moods.
(PP806) $50.00

The Master Pack
Contains The Vitalizer and The Tranquilizer (two ¾" x 4" acrylic tubes) in a dual pouch. Carry it on your person "for immeasurable protection and comfort," and use either whenever you wish. *The Vitalizer* removes the blockages that are restricting your flow of life-force. Hold it in your hand for 15 minutes to create a blockage-free protective sphere around you. The sensitive individual can feel the pulsation of the energy from The Vitalizer almost immediately. *The Tranquilizer* transmutes energy (as opposed to enhancing or creating it). The purpose is to neutralize the conditions created by stress. You do not feel its energy until it manifests itself as a calming effect and you begin to feel more relaxed.
The Master Pack (PP801) $80.00

NEW PRODUCTS

Color Balance
A ¾" x 3" acrylic vial to place in drinking water. Create rainbow light and balance the colors within your energy body, overcoming any negative reactions you may tend to have to particular colors. A joyful and uplifting experience. Each vial becomes individualized.
(PP812) $50.00

Fantazia Vials
A ⅝" individually-blown glass vial filled with Fantazia water.
(PP813) $30.00 each, or 3 for $75.00

Harmonizer Pendant
A Harmonizer prepared with gold-filled findings for your favorite necklace. Always with you.
(PP814) $60.00

Herbal Essence
The great Renaissance physicians called it a "fountain of youth" — a unique 30,000-year-old Austrian lake called Neydharting Moor whose waters contain traces of over 700 herbs and flowers. This 3/4" x 3" vial contains the same energetic imprint; it can be added to water for drinking or bathing. Enjoy!
(PP815) $50.00

Rejuvenation
Allows your subtle energies to flow in a less dense, lighter spiral configuration. You are permeated with an energy force that can open you to dimensions beyond the physical.
(PP816) $50.00

See Magic and Science Box (opposite page)

TO ORDER CALL 1-800-456-9887

Coherent Alignment of the Energy Body NEW!

TACHYON ENERGY PRODUCTS

Tachyon energy products are new, having been imported into the U.S. from Japan for a little over a year. Used by many celebrities, including professional athletes, these products contain a powerful, bright energy, which sensitive people can feel almost immediately.

The Mystery of Tachyon

The manufacturers state that a technological breakthrough has enabled them to create materials which are "at the quantum level" uniquely orderly ("anti-entropic") and which strongly promote order and coherence in their immediate vicinity. They compare it with an "antenna" picking up "the balance signal" of universal "tachyon" energy.

What results are small crystal-like tachyon beads, tachyon water, and platinum tachyon fibers resembling fiberglas. When I first encountered Tachyon products, I held a bottle of beads to my forehead, trying to feel their effect. I immediately experienced a powerful sensation of bright ascending subtle energy. However, I was initially offended by their "high" price (the bottle cost $400.00).

Unique Energetic Properties

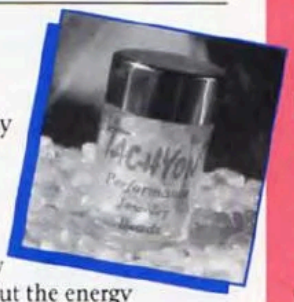
In the ensuing months I have been won over by several factors. Glowing testimonials about their unique powers have come from some surprising quarters (some otherwise very "straight" rational scientists) as well as highly-qualified sensitives. The consensus is that these beads are unique — they cannot be compared with any other subtle energy product — and they work on a very deep, profound level. Additionally, there has been a significant price reduction (a jar of beads is now only $270).

Tachyon?

Tachyon comes from the Greek word "tachy" meaning acceleration. The name refers to sub-atomic particles which travel faster than the speed of light.

Tachyon energy is described as an "etheric" or "subtle" energy. According to its creators, tachyon energy differs from the energy associated with crystals and magnets, because it is a "zero-point" energy, with no specific polarity or frequency, and can be applied to the entire multi-dimensional energy spectrum.

The Tachyon Energy Products focus the tachyon energy that is ambient in the universe. This catalyzes a "self-alignment of our energies on every level — a change which can often be felt profoundly."



Tachyon Beads
The heart of the Tachyon concept. By placing them on designated energy or meridian points you may experience more harmony and order throughout the energy system. *Pictured in color on back cover.*
Jar of 30 Beads (TB601): $270.00
10 Beads (TB602): $120.00
Patch of 5 beads (TB603): $70.00

Tachyon 21® Mineral Water
Each drop is refreshing and pleasurable at every level of energy in your being. 7 oz. Use 20-30 drops/day to start. Was $74.
(TB604) $38.00

Tachyon Fiber Products
A convenient way to expose your head, wrist or eyes to Tachyon energy. *Pictured in color on back cover.*

Headband (TB605): $40.00
Wristband (TB606): $40.00
Eye Mask (TB607): $75.00
Pro-Performance Belts (TB608): $270.00

Tape
A special brown adhesive tape from Japan for attaching Tachyon beads to the skin. 100 yds x ⅛". **(TB609) $17.00**

Magic and Science

I'm sometimes asked, "Why does this catalog mix scientific and highly unconventional 'magical' products? On one hand, you feature a comprehensive selection of tools based on cutting-edge scientific research, and on the other, you have an array of far-out items that would never be taken seriously in scientific circles. What are your criteria?"

I believe it's very important to know the difference between science and "magic." Measurable repeatable effects should never be confused with subjective anecdotal reports. Much of the "new age" is handicapped by a failure to understand the importance of these distinctions.

Making distinctions doesn't require us to reject everything unscientific. Most rigorous scientists personally hold religious or other unscientific beliefs. Many mysteries remain unexplained by our scientific models of reality. So there's room to learn — and explore.

Therefore, we offer a full range of the world's best and most interesting tools — even some so non-rational that at first they appeared silly to me. But take a look — I believe all the tools included here are worthy of consideration.

That's why this catalog is a wide-ranging resource, sometimes scientific, and sometimes dealing with "unseen" energies, unconventional science, or, occasionally, spirit itself.

—Terry Patten

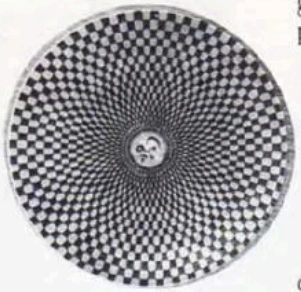
OR USE ORDER FORM ON PAGE 75

Clear the Vibrational Patterns of Your Environment

THE POLARIZER

Rarely do products engender such overwhelming and consistent positive feedback from customers as the Polarizer products. Everybody seems to love them! Glowing word-of-mouth reports persuaded me to add them to our catalog. Over a year later, I'm very glad I did.

They were created by Jim Gibson, who describes the Polarizer as "a complex antenna system which absorbs, realigns, concentrates and reradiates an infinitely broad spectrum of wavelengths, protecting us from electromagnetic pollution and amplifying the auras of biological systems by clearing interference." Applied kinesiologists consistently test the Polarizer as a product which returns us from a weak response to a "strong" one. Applied either to yourself or to your electrical system, the effects can register when you do kinesiological testing on a human being.



The Polarizer products contain several powerful elements, including a small "Lahkovsky Coil" — coils of metal wire used by the inventor of the Multi-Wave Oscillator in his famous experiments on geranium plants. (Lahkovsky created severe stress in a group of geranium plants, and then changed the energy environment of half of the plants by surrounding them with his coils. Those not surrounded by the coils weakened and died, but those in the coils thrived.) Even though we don't pretend to understand how the Polarizer products work, this catalog wouldn't be complete without them. People want results, and they don't care if they come from "science" or "magic." By whatever process, the consensus about the Polarizer seems unequivocal.

Both types of polarizers come with complete instructions.

The Polarizer Cone:
Place it on an electrical wire to broadcast harmonious vibrations through-out your car or building via the whole wiring system. Only one cone is needed per car, house, or office. **(PP851) $75.00**

The Polarizer Disc:
Carry this pocket-sized polarizer in your energy field or use it on your chakras, acupuncture points, ears, hands or feet. **(PP852) $15.00**

Mysterious Purple Power

PURPLE POSITIVE ENERGY PLATES

Just hold one in your hands, close your eyes and feel. Most people agree: something's going on — and that perception only seems to increase over time. Is it advanced subtle energy science? Is it all suggestion and placebo? Is it spiritualism? Magic?

These are anodized purple aluminum plates whose molecular (crystalline?) structure is supposedly permanently altered in a way designed to radiate positive energy. Placed under drinks like a coaster, or on refrigerator shelves, they're supposed to revitalize food. Placed under the mattress or worn around the neck, they're supposed to enhance the energy flow.

After three weeks of use, our General Manager, Byron Mandel, credited the plates with a huge jump in his energy level. I tried one next, hanging a plate from my neck in the cotton "kangaroo pouch" (described below), and found that every day I wore it was an immensely positive, productive, happy day.

Although I couldn't understand his explanation of how they work, I found the plates' creator, Ralph Bergstresser, to be a sincere, service-oriented man who deeply believes in his product. The purple plates are available here for your own experimentation.

Positive Energy Plates come in two sizes:

Small Plate (4½" x 2¾"). Used like a coaster to revitalize drinks or for wearing on the body. **(PP750) $10.00**

Large Plate (12" x 12"). Used on refrigerator shelves or under the mattress. **(PP751) $30.00**

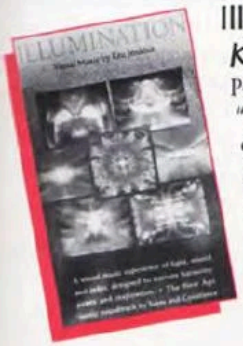
Neck Bags for Purple Plates
Cotton "kangaroo pouch" for wearing a small Purple Plate from the neck. **(PP753) $4.50**

"First and foremost, the plates will slowly but surely raise the vibratory frequency of those who use them, and that's of prime importance. They will reduce the negative vibrations in food, water, other liquids and tobacco."

— Linda Goodman (Star Signs)

TO ORDER CALL 1-800-456-9887

THESE VIDEOS ARE EARLY EXAMPLES OF A NEW INTEGRATED AUDIO-VISUAL ARTFORM.



Illuminations
Ken Jenkins

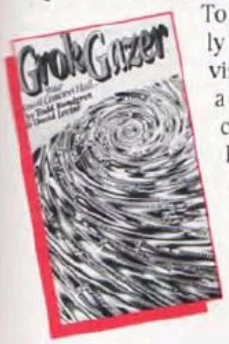
Perhaps the first popular and successful "new age" video, *Illuminations* is frequently called a "masterpiece." Watch beautiful flowing images unfold out of each other in a seemingly endless progression of radiance. Original music by Iasos and Constance Demby. Nominated for an American Film Institute / Billboard Award in 1990. 30-minute VHS videotape. **(VI203) $24.95**

Fractal Lumination
With The Moody Blues

The perfect match between music and images. From the opening scene this tape will hold you entranced; the color and special effects shift, the music changes and everything is synchronized to form a cohesive, dynamic experience.

Fractal Lumination features gentle fades, wipes and pans that transfer between dozens of psychedelic fractal worlds. A gorgeous and stimulating tape which will leave you in awe. 30-minute VHS videotape **(VI207) $24.95**

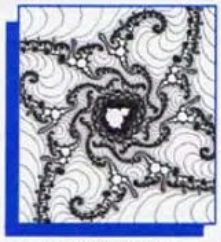
Grok Gazer: Music for the Eye
By Todd Rundgren & David Levine



To "grok" something is to understand it intuitively without having to think about it. *Grok Gazer* visually explores this concept via a work of art — a video concert of moving forms and colors that changes the viewer's state. Scored by Todd Rundgren with original sounds that complement the visuals, it's a meditative/musical/visual artistic creation. As with good music, you can experience it many times and still be inspired by it. A unique and wonderful post-psychedelic experience. 40-minute VHS videotape. **(VI208) $19.95**

THESE HARD-TO-FIND VIDEOS BRING IMAGES TO YOU DIRECT FROM CUTTING-EDGE RESEARCHERS, ENGINEERS, MATHEMATICIANS AND PHYSICISTS.

Mandelbrot & Julia Sets
By Art Matrix



Pictured in color on back cover.

An eye-opening two-hour spectacular of zooming fractal shapes and colors. Fractals are intricate mathematically generated geometric patterns which contain infinite detail and scope (you can "zoom" in — or out — forever, theoretically). Fractals are based only on pure mathematics, yet their complex shapes appear almost identical to many of the beautiful natural forms found in living things and natural phenomena.

This video has staggering image resolution and stunning color. The electronic music track stays with the visuals in tempo and spirit. It has to be seen to be believed. 2-hour VHS videotape **(VI205) $29.95**

Of Sound Mind and Body: Music and Vibrational Healing **NEW!**

A tour of contemporary sound therapies, including chanting, toning, psycho-acoustics, and music therapy. See and hear Deepak Chopra, Bernie Siegel, Rupert Sheldrake and Don Campbell. Hear music by Steven Halpern, Ray Lynch, Robbie Gass. See Hans Jenny's original Cymatics experiments including fascinating new images. Striking dramatic and visual content helps offer much detailed information on the uses and effects of sound and music for healing. Recipient of the Institute of Noetic Sciences coveted Hartley Award. 70 minutes. **(VI209) $49.95**

Virtual Reality
By Media Magic

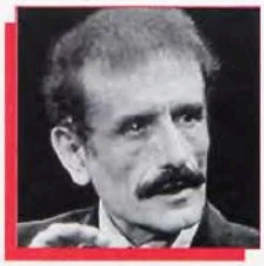
An overview of the exciting field of Virtual Reality. This video features demonstrations from VR's pioneering researchers and research laboratories. Experience what's being created, see how it's done, learn about the applications, and view the examples. • The HIT Lab: *Welcome to Virtual Reality* • VPL Research: *Demonstration Material* • NASA: *Virtual Environment at NASA Ames* • UNC at Chapel Hill: *Head-Mounted Display* • MIT Media Lab: *The Bolio V.R. System* • W Industries Ltd.: *Virtuality.* 90-Minute VHS videotape **(VI206) $35.00**

THESE "THINKING ALLOWED" INTERVIEWS WERE CONDUCTED BY DR. JEFFREY MISHLOVE.

The Mind-Body Problem
Julian Isaacs

Most brain researchers believe we will eventually explain the mind in terms of neurological function. According to Dr. Julian Isaacs, an applied psychologist and researcher, this materialist view is inconsistent with certain important evidence. New developments in areas such as theoretical physics, he says, may eventually lead to an understanding of the common ground connecting mind and matter. Interviewed by Jeffrey Mishlove. 30-minute VHS videotape **(MV101) $29.95**

Qualities of High Performance
Lee Pulos



Qualities of success — including goal-setting, high self-esteem and a passion for life — can be developed in anyone. Lee Pulos, a clinical psychologist, describes his work with outstanding achievers in the field of athletics and business, as well as individuals who have successfully overcome cancer. He identifies many characteristics they hold in common and suggests how we can begin to develop these qualities in ourselves. Interviewed by Jeffrey Mishlove. 30-minute VHS videotape **(MV102) $29.95**

OR USE ORDER FORM ON PAGE 75

Software

The Creative Problem Solver

IDEGEN++

Catapult to new heights of creative problem-solving and innovative thinking! Idegen++ uses Distant Models™, which encourage you to venture out far beyond traditional thinking. Then it helps you evaluate and modify new ideas so that you arrive at feasible creative solutions. Created in Finland, Idegen++ has been used by many major corporations in Europe with spectacular tangible results reported. In fact, Idegen++ coaches users to think more creatively not only about business problems, but also about academic, scientific, and day-to-day situations or problems. You can start solving new problems creatively in a matter of minutes, because Idegen++ is easy to use and a snap to install.

Idegen++

For DOS 3.2 or above; Mac requires 1 MB RAM, hard disk or 2 floppies. Retails for $495.00; special price for Tools For Exploration customers:
IBM 3½" + 5¼" (CG001) $295.00
Mac 3½" (CG002) $295.00

MindSet

MindSet

A program you have to EXPERIENCE over time to appreciate. MindSet makes work — and life — more fun by constantly offering helpful, positive reinforcement while you use your Mac to perform any other work, using any programs.

Life's winners practice proactive self-talk. Now you can set your Mac to help you achieve the same results — with much less effort!

MindSet automatically pops up selected messages over the menu bar — without affecting other programs at all. If a message is displayed, it disappears when the mouse approaches the menu bar. Create your own messages, set their frequency and duration. Change messages and settings anytime without rebooting. Even set it up for customized subliminals!

Mac only. Requires 1 MB memory and System 6.04 or later.
(CG020) $59.95

Computerized Biofeedback!

CALMPUTE

You receive software plus a GSR2 Biofeedback System and interface. *(See page 35.)* What results is an involving and insightful hardware/software package that monitors stress levels as expressed by galvanic skin resistance (GSR) while you interact with your PC. It includes relaxation exercises and challenging games to test your "cool" under pressure, making a game out of your new awareness of your stress levels as you react to a variety of computer-generated challenges. You can opt to view a moving oscilloscope wave pattern that reflects your level of tension or a changing star pattern.

For IBM and compatibles.
(BG250) $99.95

Synchronicity

A computerization of the ancient Chinese book of wisdom, the *I Ching*. After decades of study of this ancient oracle, Carl Jung coined the term "synchronicity" to mean an "acausal connecting principle" which "takes the coincidence of events in space and time as meaning something more than mere chance."

You ask the question, touch the computer keyboard randomly, and it generates an answer. In my experience, the answer is always helpful — although it may take time to understand the answer in its full depth.

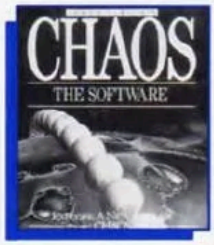
You'll love the graphics, as have the software reviewers who have given it raves in *IBM PC, MAC* and other magazines; but what you'll really love is the wisdom: the ancient "Book of Changes" is right where it's always been — serenely poised on the cutting edge.
IBM/Compatibles 5¼"/3½" (CG504) $59.95
MacIntosh (CG503) $59.95

Super Subliminal Software

Watch beautiful, ever-changing abstract patterns while you are being given subliminal, visual idea-gestalts. The patterns are designed to facilitate the right-brain affective/intuitive faculties, allowing the user to relax and enter a receptive state. The suggestions work synergistically with the patterns to connote a gestalt of wholeness and unity. You'll get best results if you use it for about 25 minutes (though you can exit at any time) 3-4 times per week, then gradually taper down to occasional random reinforcement. One menu option gives you written research annotations.

For IBM compatibles. 5¼" disks. Request if 3½" needed
Attracting Infinite Prosperity (CG010) $49.95
Peak Performance in Business (CG011) $49.95
Weight Loss/Control (CG012) $49.95

Chaos: The Software



James Gleick, author of *Chaos: Making a New Science,* worked with famed computer scientist Rudy Rucker to create Chaos: The Software. They have transformed some of the most famous equations from the book into a series of six interactive programs that let you create stunning visual patterns in color and with sound.

Among the dynamic processes that can be explored are the chaotic dance of pendulums and magnets, toy universes, the chaos game, the Mandelbrot set and the fractal forging of clouds, mountains, planets and other landscapes. Have fun putting these elegant theories to work.

Requires an IBM PC/XT/AT. PS/2 or compatible with 640 RAM, MS DOS or PC DOS, EGA or VGA.
(CG030) $54.95

DISCONTINUED

TO ORDER CALL 1-800-456-9887

The Pleasure Connection: How Endorphins Affect Our Health and Happiness
By Deva & James Beck
Foreword by C. Norman Shealy, M.D., Ph.D.

This easy-to-read book *"beautifully explains endorphins — your own natural biochemicals of joy, pain-relief and well-being — and how they are produced . . ."* — R.T. Wold, M.D.

It goes on to describe "how Endorphins can be blocked by preconditioning and how this blockage can be avoided by the stimulus of fresh Endorphin experiences. A definitive work heralding a new era in self-help!" — Dr. Patricia Schmidt
Paperback 235pp **(NB014) $10.95**

The New Inquisition
By Robert Anton Wilson

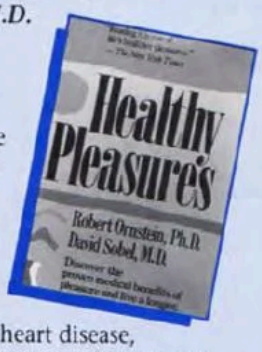
We live in an age in which the official religion denies that it is a religion at all — it is "Objective Fact."

The "citadel of science" is, according to Wilson, best understood by comparing it to the rigid "official religions" of past eras. Thus viewed, we discover a rigid rationalistic dogma, which conveys power and control to its intolerant and irrational priesthood. Beyond this, today's scientific community is the arena for increasingly commonplace repression of "deviant" thought and intimidation of "deviant" thinkers. In the place of this scientistic dogma, Wilson suggests a "new agnosticism" in which science begins with questions, the intention to understand, and a disposition of humanistic and existential openness.
Paperback 240pp **(NB016) $12.95**

Sacred Mirrors
The Visionary Art of Alex Gray

As anatomically detailed as medical illustrations, Alex Gray's paintings move beyond the physical to depict unseen flows of subtle energy and conscious light. These paintings may themselves be viewed as "tools" for heightened awareness of non-physical dimensions of our body-mind. Large format paperback. 96pp, 46 color plates
(NB113) $24.95

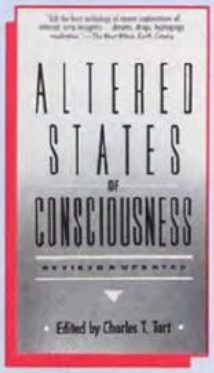
Healthy Pleasures
By Robert Ornstein, Ph.D., & David Sobel, M.D.



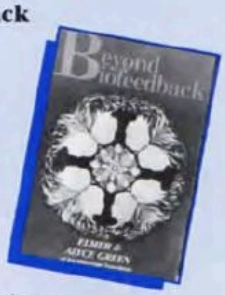
In this book, the authors of *The Healing Brain* explore one of the most powerful of all natural medicines: the experience of pleasure. Imagine a medical treatment that can decrease heart disease, boost immune function, relieve depression, and block pain — whose only side effect is that it makes you feel good. It's safe, inexpensive and readily available — it's the experience of pleasure itself. And this pleasure prescription is filled in the "internal pharmacy" of the brain.
Paperback 301pp
(NB013) $7.95

Altered States of Consciousness
Edited by Charles P. Tart

This is the classic anthology (revised and updated in 1990) which first appeared in 1969 and served as the standard reference text for consciousness exploration through the 1970s. *The Next Whole Earth Catalog* calls it "still the best anthology of recent explorations of internal 'terra incognita'."
Paperback 691pp
(NB115) $16.95



Beyond Biofeedback
By Elmer & Alyce Green



Whether or not you recognize their names, your idea of human potential has probably been profoundly influenced by Elmer and Alyce Green's pioneering research at the Menninger Foundation. This classic book tells the exciting story of how they objectively measured extraordinary human capacities and helped develop new techniques for controlling human consciousness and liberating its hidden powers. Paperback 369pp
(NB114) $14.95

Flow: The Psychology of Optimal Experience
By Mihaly Csikszentmihalyi

After 20+ years studying what makes life worth living, the author (a psychologist on the faculty of the University of Chicago) has put forth his revelatory summary: what makes experience genuinely satisfying is a state of consciousness called *flow*. This is a book that everyone will read with deep enjoyment (flow) and lasting benefit (flow's inevitable side-effect).
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By Richard Gerber, M.D.

To date, this is the most extensive and intelligent compilation of information on human energy systems and vibrationally oriented healing modalities. An educational resource, a comprehensive survey, and a reference book. *"A highly readable summary of new thinking about health and disease."* — Marilyn Ferguson
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Energy Medicine Around the World
Edited by T.M. Srinivasan, Ph.D.

A leading thinker and researcher has selected 28 essays comprising an excellent comprehensive overview of energy medicine, from its underlying concepts to traditional energy medicine models to new research in energy medicine, including its implications in expanding the horizons of human consciousness. Hardbound 338pp
(EB106) $24.95

Smart Drugs and Nutrients: How to Improve Your Memory and Increase Your Intelligence Using the Latest Discoveries in Neuroscience
By John Morgenthaler & Dr. Ward Dean

This buyer's guide to legal "smart pills" describes these substances in detail, including all known side-effects, and it compares various domestic and overseas sources for them. Many have not been approved for US sale or manufacture, but can be legally bought from overseas sources. Paperback 222pp
(NB109) $9.95

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Recharge Your "Batteries" in Four Easy Minutes: The Peaceful Warrior Exercise Series Video

BY DAN MILLMAN

These days I start every day with this exercise routine. It's nearly miraculous, because in a mere 4-10 minutes, I am able to stretch and invigorate my whole body. Whether I am also hiking, biking, running, or doing other exercises during the day, I never skip this unique, excellent routine.

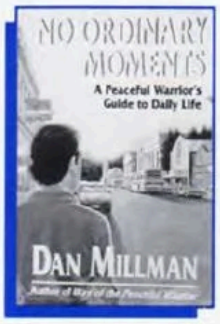
Simple is powerful: In this 45-minute video, Dan Millman, world champion gymnast and author of the bestselling book of practical spiritual insight, *The Way of the Peaceful Warrior*, teaches a unique, 4-minute routine of movement, deep breathing and tension release designed to help you to:

- **Clear negative energies from physical, emotional and mental levels**
- **Release old patterns of moving and thinking**
- **Restore natural elasticity and ease of movement**
- **Increase feelings of inner strength, confidence, and commitment**
- **Amplify energy, alertness and optimism**

This "warrior workout" is the same routine Dan does personally every day of the year. It combines elements of hatha yoga, martial arts, gymnastics, dance, and fitness training into one easy-to-learn routine. A great way to start any day.
VHS (CV201); European PAL (CV202) $50.00

No Ordinary Moments: A Peaceful Warrior's Approach to Daily Life

BY DAN MILLMAN



This is a book of practical wisdom on leading a conscious life filled with purpose, meaning and spirit, in which hurdles become a source of strength and daily life becomes a vehicle for personal evolution.

Dan Millman's earlier novels have been bestsellers. This new book is non-fiction. It is direct, uncomplicated, obvious wisdom. You will probably recognize most of what you read here, because it is healthy, universal, common-sense truth. But as its pages unfold, the book becomes something delightfully new: a beautiful reminder of how wonderful it feels to be awake and alive, to love ourselves and one another. Paperback 301pp
(CB102) $12.95

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If you don't see what you want in this catalog, give us a call. You can probably get any quality mind-tech product from Tools For Exploration, including hard-to-find items and brand new products — as soon as they are available, and at the lowest available price.

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THE FIVE RITES OF REJUVENATION

• 15 Minutes/Day to Fresh Energy

Over 50 years ago, a retired British army officer who had recently returned from Tibet conducted a private class. In Tibet he had seen whole monasteries whose monks enjoyed remarkable health, persistent youth, and astounding longevity, and he had been privileged to be taught their "secret." The subject of his private class was a simple routine of five exercises, which can be performed in less than 15 minutes. They are supposed to balance all the chakras and realign the energy system. I have done these exercises for almost five years with great pleasure and great benefit. They are simple, quick, thoroughly enjoyable, and they make a huge difference in how I feel overall. Highly recommended.

The Book:

The Eye of Revelation
By Peter Kelder
Originally titled "Five Tibetan Rites of Rejuvenation." Original 1939 text. Includes posture diagrams. 30pp
(CB101) $3.95

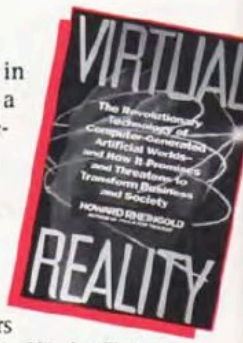
The Video:

The Five Rites of Rejuvenation
An enjoyable, clear, easy-to-use demonstration of this remarkable exercise routine. Use it to learn the exercises, and to guide your own quick workouts at home.
(CV101) $29.95

Receive the Book: The Eye of Revelation FREE when you purchase the video.

More Books

Virtual Reality
By Howard Rheingold



This is *the* book to read if you are interested in Virtual Reality. What is Virtual Reality? It is a new wave of interactive technology that creates the convincing illusion that one is immersed in a world that exists only inside a computer. Already the subject of plentiful media coverage, VR is revolutionizing everything from toys to medicine, education to entertainment. Some suggest it promises "electronic LSD." Praised by readers ranging from Brian Eno and Stewart Brand to Charles Tart and Timothy Leary, this book provides a vivid guided tour through this whole brave new world. We meet the leading researchers and their technologies, and explore the social, economic, psychological and philosophical implications of this fast-breaking research.
Now in Paperback 415pp (NB015) $12.00

Oxygen Therapies:
A New Way of Approaching Disease
By Ed McCabe

The underground bestseller on the theory and history of therapeutic oxygen, including descriptions of a wide range of the specific oxygen-based products and treatments. Paperback 212pp
(PB601) $12.00

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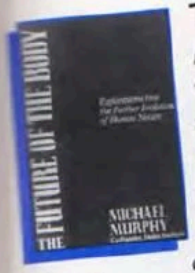
Classic Books on Mind/Body Wisdom



The Future of the Body

NEW!

By Michael Murphy

This important new book by Esalen's co-founder is a staggering work, a nearly 800-page encyclopedia of exceptional human functioning. This book represents over 30 years of study of "metanormal" capacities in human beings. It presents scientific evidence as part of a very straightforward and human conversation. He discusses metanormal perception, cognition, movement, vitality and spiritual development, citing over 3,000 sources of information about exceptional functioning in medicine, sports, anthropology, the arts, psychical research, comparative religious studies, and dozens of other disciplines. Well organized, fully indexed and noted, and with full bibliographies and appendices. A must. Hardbound 785pp **(BE001) $30.00**

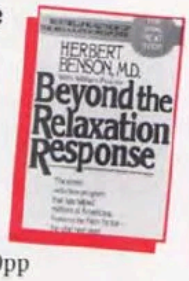
The Fine Arts of Relaxation, Concentration and Meditation

By Joel & Michelle Levy

A beautifully presented, easy to use mental-fitness manual which draws its wisdom from years of Buddhist meditation and in-depth knowledge of the Western science of relaxation. Joel Levy, Ph.D., is one of this country's foremost sports psychologists. Paperback 228pp **(BE005) $14.95**

Beyond the Relaxation Response

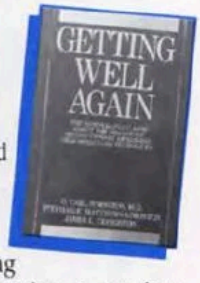
By Herbert Benson, M.D.



In this book, Dr. Benson builds on his previous groundbreaking book in which he identified the "relaxation response." Here he talks about the "faith factor," helping you to combine the relaxation response with your personal beliefs, and offers a practical guide to working together with your doctor toward optimal health. Paperback 180pp **(BE003) $4.50**

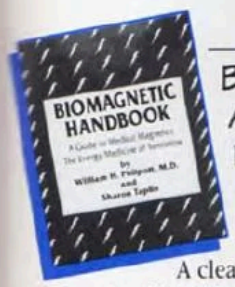
Getting Well Again

By O. Carl Simonton, S. M. Simonton & James Creighton



Carl Simonton, M.D., is internationally known for his pioneering work using imagery and "mind power" with patients facing cancer. In this book, he and his co-authors draw on experience with hundreds of such patients and teach the most successful survival skills — techniques for learning positive attitudes, relaxation, visualization, goal setting, managing pain, exercise and building an emotional support system. Paperback 287pp **(BE002) $4.95**

Books on Biomagnetism

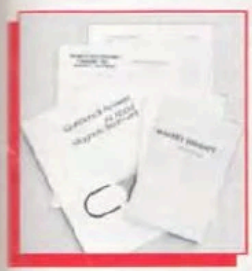


Biomagnetic Handbook

A Guide to Medical Magnetics, the Energy Medicine of Tomorrow

By William H. Philpott, M.D., and Sharon Taplin

A clear, intelligent and detailed discussion of magnetism and its effects on the body by one of its leading American proponents. The first portion of the book is an excellent general discussion of biomagnetic principles and mechanisms. The second portion is a detailed description of preventive and therapeutic magnetic research treatments. Large size paperback 97pp **(MB602) $17.95**



Brief References on Biomagnetism

This collection of papers describes international research into biomagnetic therapies. It includes *Magnetic Field Deficiency Syndrome and Magnetic Treatment* by Dr. Kyoichi Nakagawa, M.D., a copy of Albert Roy Davis' patent on magnet diagnostics, *Magnetic Therapy Approaches* from the Ambalal Munshi Nature Cure Hospital in India, and a discussion of Japanese biomagnetic science titled *Questions and Answers All About Magnetic Treatment.* **(MB503) $10.00**

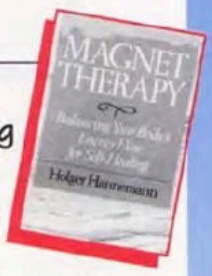
The Magnetic Effect

By Albert Roy Davis and Walter C. Rawls

Specific descriptions of magnetic approaches to various conditions. Paperback 128pp **(MB502) $14.95**

Magnet Therapy: Balancing Your Body's Energy Flow for Self-Healing

By Holger Hanneman



This book is causing tremendous excitement because it fills a great void. It is an extremely clear, understandable, practical discussion of magnetic therapy. In this book, Dr. Hanneman, a respected Swiss naturopath, documents impressive successes for magnet therapy and, with full-color photos, he illustrates the techniques that have made him famous in Europe. Paperback 96pp **(MB601) $9.95**

From Buryl Payne

The Body Magnetic

By Buryl Payne, Ph.D.

A guide to the history, significant data, and techniques of magnetic healing through the ages, including magnetic influences on weather, warring behaviors, dowsing, and the power of thought. Paperback 216pp **(MB402) $12.00**

Magnetism and Its Effects on the Living System

By Albert Roy Davis and Walter C. Rawls

Davis and Rawls are the classic experts. This is the first book written on the discovery that North and South poles have two distinct and different effects on living systems. Paperback 132pp **(MB501) $15.95**

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Color Your World

COLOR THERAPY EYEWEAR

Put on a pair of these impact resistant color glasses, and — Wow! — the whole environment dramatically changes color. You may not believe how quickly you enter a different world.

The fastest and easiest way to channel colors into your body is through your eyes, via colored lenses. Wear them during normal activities and receive a dose of whatever color stimulation you desire.

Or wear them as 21st-century fashion eyewear (mindful of how each color affects you). Nothing more dynamically expresses your energy and appearance than these vivid colors — and nothing else affects you quite the way color does either!

Some color experts recommend wearing clothes of certain colors (depending on your color "type") or shining lights of certain colors on your body. But almost all these experts agree that the most efficient way to absorb color is through the eyes.

This affordable set of 7 colored glasses includes Violet, Indigo, Blue, Green, Yellow, Orange and Red. You'll have a full rainbow spectrum to choose from, along with basic information on the ways these colors have been used historically. We recommend also obtaining books on light and color so that you can get the most out of your color glasses. (*Light: Medicine of the Future* [p. 54] and *The Power of Color* [p. 55] are both excellent.)

Color Therapy Eyeware
(LC001) $79.95
Clip-On Version (LC002) $79.95

Guardian of Your Energy Field

THE BIOELECTRIC SHIELD

In appearance, it's an attractive silver pendant. Inside are quartz and other crystals, precision-cut and arranged in a pattern so that they interact with and normalize your natural energy field.

Unnatural environmental energies affect us at a subtle, unseen level. You probably know that quartz crystals are used to regulate oscillations and increase the precision of watches and electronic components. The bioelectric shield operates by this same principle, but it is tuned to regulate your natural energy field.

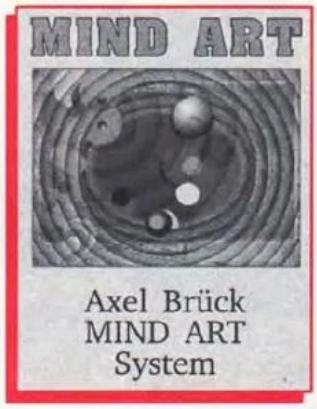
When we evaluate new products we share them with a "focus group" of sensitive individuals. Sometimes their behavior says more than their words: the evaluators liked the Bioelectric Shields so much (*"great* energy . . . and *very* attractive") that they wouldn't return them. With purple cord.

The Bioelectric Shield (EB001) $95.00
Optional Silver Chain (EB002) $25.00

Boldly Original Mind Technology

NEW!

AXEL BRUCK'S "MIND ART" SOFTWARE & VIDEOS



It took ten years and $3 million to develop Axel Bruck's revolutionary videos and software. They use colors, sounds, shapes, and rhythmic changes to alter consciousness in ways previously unheard-of outside of Germany!

Created in part by using EEG biofeedback-feedforward loops combined with highly sophisticated video programs, these tapes and programs represent a boldly original and highly sophisticated technology for facilitating shifts in consciousness. Colorful geometric patterns dance rhythmically as tones sound, drawing you into very specific mental states, such as Zen-like focused relaxation.

Bruck recommends you sit formally to meditate when you watch the videos or use the software. Respect it and use it consciously, and then . . . discover the results!

The Software:

The Network of Breath
Control the images while they change your state. Generate chains of associations which can go on unbroken for up to an hour. Use for self-reflection or psychological therapy. An example of the kind of software used to create the Mind Videos below. Requires 80386 IBM type computer with VGA graphics.
5¼" & 3½" disks. Requires DOS 4.0 or above.
(SB601) $250.00

The Videos:

Labile Equilibrium: Relaxation Training
Provoke a Zen-like state of focused, relaxed awareness. A foundation for meditative clarity. 45 minutes VHS
(VB001) $39.95

Deep Blue Focus
A unique pattern of mind video images from Axel Bruck, designed to help make the viewer sleepy. No need for formal meditative attention for this one. Way better than David Letterman. During tests in Germany, 90% of viewers were asleep after 20 minutes of viewing. 60 minutes VHS
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Power Games — For Children and Adults
Help dampen aggressiveness in children without blunting concentration or learning. Tested with 400 children with good results. For adults, this helps you feel "friendly" toward the world, reactivating creative energies. My personal favorite. 3 programs. 45 minutes VHS
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What People Are Saying About Us

"This newly recognized technology is fascinating as it gives you, within the quiet shelter of your own space, the power and ability to balance and restructure your body."
— Elie Jean Diana
Los Angeles, California

"Your competitors have never been able to offer me the selection, information or service I receive from you. As far as I'm concerned you folks are the best in the business."
— Thomas Petrozzella
New York City

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— Rob Robinson, President,
IQ International
Little Rock, Arkansas

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— Wesley Watkins, D.C.
Lake Oswego, Oregon

"Last January I called Vicky Leto [Tools For Exploration's shipping and receiving manager] to find out what was happening with my order. She kindly offered to "expedite" my order. Little did I expect that it actually would be in the mail the next day! I have my Dreamwave system now and am very pleased with it. I want to extend special thanks to Tools For Exploration for excellent customer service. Keep up the great work!"
— James Ross
Vancouver, British Columbia

"Your staff is well-informed and extremely helpful, your service is courteous, and your crew is top-notch."
— Robert ("Paul") Fochtman
Key Largo, Florida

"I just want you to know: Tools For Exploration is the Number One company in its field! Over the years, I've dealt with quite a few companies in this business and you've really stood out. In addition to your fascinating product line, it's always been a real pleasure dealing with your company. Any time I call with questions, orders, or even returns or refunds, I am always treated courteously and served professionally. Thanks!"
— Aphrodite Luytjes
Falls Church, Virginia

"The products I have received from Tools For Exploration are fun and innovative, and have given me great satisfaction and pleasure."
— Pierre A. Rious, M.D.
Minot, North Dakota

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Call **415/499-9047**. Completely fill out the Tools For Exploration order form. Be sure to include your phone number. Unsure about how to compute shipping and handling? If you prefer, we will calculate it for you and add it to your Visa or MasterCard charge.

(3) Order by Mail

Complete the order form and mail together with your payment. Make your check or money order payable to: Tools For Exploration, 4460 Redwood Hwy, Suite 2, San Rafael, CA 94903. Or charge it on your Visa or MasterCard.

Questions about your order?

Please call us directly at **415/499-9050**. We will be pleased to change your order, check its status, or answer any questions.

Need More Information?

Call **415/499-9050** Monday–Friday 9AM to 5PM Pacific Time, or send us a note at 4460 Redwood Hwy, Suite 2, San Rafael, CA 94903.

We pride ourselves on offering some of the most advanced and unique products in the fields of energy, consciousness and health. It's only natural that questions arise. Our trained and qualified (if sometimes busy) staff will be happy to assist you.

Returns

Important: Please call us for a return authorization number before returning any product. We cannot accept returns unless that number appears on the outside of the package. We are committed to your satisfaction, so we will happily process your return according to the terms of our guarantee, but please follow this procedure. Please also understand we cannot accept goods that are returned incomplete or in obviously "used" condition.

Methods of Payment:

We accept • Check • Money order • Visa • MasterCard

International orders, including Canadian, payable in U.S. funds via Visa, MasterCard or international draft drawn on a U.S. bank.

Note: All prices subject to change without notice

Delivering Your Order

(1) We ship UPS. Unless otherwise specified, we will ship UPS surface. We ship 1st Class Mail to P.O. Boxes, Alaska, Hawaii, and Puerto Rico. **See Table 1** for charges.

(2) In a hurry? We'll rush most orders. **See Table 2** for charges.

(3) COD OK. With your ID, we can ship COD (cash only) within the Continental US – $5 additional charge.

(4) Canada. Sent airmail unless otherwise specified. **See Table 3** for charges.

(5) International. Sent international airmail unless otherwise specified. If your order exceeds $100 and cannot be insured due to international postal regulations, we will ship it DHL air and you will be charged accordingly. **See Table 4** for charges.

Please Note: *Orders for multiple products may be sent in several shipments.*

Table 1

United States

Standard Insured Shipping

(Approximately 1-3 weeks to receive products)

Order Amount	UPS Surface or US Airmail
Under $50.00	**$5.00**
$50.00-99.99	**$6.00**
$100.00-149.99	**$7.00**
$150.00-199.99	**$8.00**
$200.00-299.99	**$10.00**
$300.00-399.99	**$12.00**
$400.00-999.99	**$15.00**
$1,000.00 and over	**$22.00**

Table 2

Rush Orders

Air Delivery to United States & Puerto Rico

Order Amount	2nd Day Air (Approx. 3-7 days to receive products) U.S. (except Alaska & Hawaii)	2nd Day Air Alaska, Hawaii & Puerto Rico	Next Day Air (Approx. 1-3 days to receive products) U.S. (except Alaska & Hawaii)	Next Day Air Alaska, Hawaii & Puerto Rico
Under $50.00	$10.00	$14.00	$19.00	$24.00
$50.00-99.99	$12.00	$17.00	$22.00	$27.00
$100.00-149.99	$14.00	$19.00	$25.00	$30.00
$150.00-199.99	$16.00	$21.00	$29.00	$34.00
$200.00-299.99	$20.00	$26.00	$33.00	$39.00
$300.00-399.99	$24.00	$30.00	$36.00	$42.00
$400.00-999.99	$30.00	$37.00	$41.00	$48.00
$1,000.00 and over	$40.00	$50.00	$60.00	$70.00

Table 3

Canada

(Air Delivery Only)

Order Amount	US Air Mail (Approx. 2-4 weeks to receive products)	UPS Air (Approx. 1-2 weeks to receive products)
Under $50.00	$9.00	$48.00
$50.00-99.99	$12.00	$53.00
$100.00-149.99	$16.00	$58.00
$150.00-199.99	$20.00	$63.00
$200.00-299.99	$24.00	$68.00
$300.00-399.99	$29.00	$73.00
$400.00-999.99	$35.00	$79.00
$1,000.00 and over	$63.00	$130.00

Table 4

International

Western Hemisphere, Europe, Asia, Africa, Pacific Rim

(Air Delivery Only)

Order Amount	US Airmail (Approx. 2-4 weeks to receive products)	UPS Air (Approx. 1-2 weeks to receive products)
Under $50.00	$21.00	$64.00
$50.00-99.99	$34.00	$88.00
$100.00-149.99	$45.00	$108.00
$150.00-199.99	$55.00	$128.00
$200.00-249.99	$65.00	$148.00
$250.00-299.99	$75.00	$168.00
$300.00-399.99	$90.00	$208.00
$400.00-999.99	$115.00	$239.00
$1,000.00 and over — call for details or use a credit card and we will calculate shipping for you		

Give Adventure!

Tools For Exploration Gift Certificates

For "Explorers" and Those Special Hard-To-Shop-For People

Truly a gift with infinite possibilities for lasting and meaningful personal rewards!

Gift Certificate (GC025) $25.00

Gift Certificate (GCXXX) in any denomination you choose.

Be sure to indicate each recipient's full name and address.

Tools For Exploration

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San Rafael, CA 94903

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Volume IV No. 1

1
2
3

for office use

Please help us expedite your order:
Customer #_____

BILL TO	SHIP TO
Your Name _____	**Name** _____
Address _____	**Address** _____
City _____ **State** ____ **Zip** ____	_____
Country _____	**City** _____ **State** ____ **Zip** ____
Daytime Tel.* (____) _____ *In case we have any questions about your order.	**Country** _____

Where did you first hear about us? _____ **Have you ordered from us before?** _____

Quantity	Product No.	Product Description	Unit Price	Total Price

METHOD OF PAYMENT:

❑ **Check or Money Order Enclosed**

❑ **Charge it to my:** ❑ **Mastercard** ❑ **Visa**

Credit Card Number (include all digits)

Expiration Date

Print name as on card (required for credit card purchases)

Signature as on card (required for credit card purchases)

OUR GUARANTEE: If for any reason you are not satisfied with a purchase, return it in like-new condition within 30 days. We will refund your purchase price (minus a 15% processing charge) or apply a credit towards another purchase. Note: Books, audio and video tapes, computer software, foods, and custom-made products are not returnable unless defective. Return any defective merchandise for a prompt replacement.

**Certain items, because they are heavy or fragile, need additional shipping and handling. They are clearly marked in the catalog.

Merchandise Total	
CA residents: Add 7¼% of Total Price	
Shipping & Handling Charge (see page 74)	
****Additional Shipping & Handling**	
TOTAL ENCLOSED	

Send a Catalog to a Friend:

Name _____

Address _____

City _____ State ____ Zip ____

Name _____

Address _____

City _____ State ____ Zip ____

IMPORTANT: Tools For Exploration products are sold for learning, self-improvement and simple relaxation. No statement contained in this catalog, and no information provided by any Tools For Exploration employee, should be construed as a claim or representation that these products are intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease or any other medical condition.

The information contained in this catalog is deemed to be based on reliable and authoritative report. However, certain persons considered experts may disagree with one or more of the statements contained here. Tools For Exploration assumes no liability or risk involved in the use of the products described here. We make no warranty, expressed or implied, other than that the material conforms to applicable standard specifications.

The Teslar Watch

A classic product: Very attractive men's or women's wristwatches that produce an 8 Hz scalar field, "the brainwave of the planet." All analog faces. Due to irregular availability, please allow up to 3 additional weeks for delivery.

Men's Style — with leather band (PE660) $140.00; with metal band (PE661) $140.00

Women's Style — with leather band (PE662) $140.00; with metal band (PE663) $140.00

Get High on Oxygen!

Oxy High: Superoxygenated mind food. 1 ounce bottle lasts about 30 days. (FZ101) $35.00

Oxy Vital: Fine skin & body oil. 2-ounce bottle lasts up to 3 months. (FZ102) $50.00

Oxy Bliss: Super-oxygenated colon cleanser & detoxifier. Take capsules, then activate with lemon juice. 260 capsules. (FZ103) $60.00

SuperGingko: Sublingual unadulterated Ginkgo leaf extract, extracted by a Swiss water process. Up to 20 drops 2x daily. 1 ounce. (FZ105) $35.00

SuperDeanol: Deanol is a pro-vitamin precursor of acetylcholine. Subtle energy formulas heighten the experience. Up to 20 drops daily. 1 ounce. (FZ106) $35.00

Clarus (formerly Agni) Environmental Systems

Neutralize negative effects from random electromagnetic radiation by establishing "coherence."

CL100: covers up to 3500 sq. ft. (ET303) List $295. **Introductory price: $195.00**

EMR/VDT Clears: for computer monitors (ET304) List $149.00 **Introductory price: $99.00**

CarClear System (ET302) List $149.00 **Introductory price: $99.00**

VideoClear System: for improving video image definition and coherence (ET305) List $149.00 **Introductory price: $99.00**

Mind Man

(NE103) $625.00

Endostim

(NE104) $995.00

Aluminum Carrying Case for Endostim (NE105) $90.00

Vibrogen

This sweet dark liquid synergizes nutritional and energetic components to help rebuild your subtle energy system. Comes with 1 oz. of an energetic preparation which opens blockages to reception and assimilation of the Vibrogen. Use regularly for a gradual strengthening program. 2.5 oz. (FA101) $29.95

Vitic Power Rods

With origins in ancient Egypt and central Asian esoteric yogas, Vitic Rods are used to stimulate the esoteric Life Force. A "Sun Rod" of hardened carbon coated with copper and a "Moon Rod" of zinc-plated iron with a magnet center. (BT801) $99.00

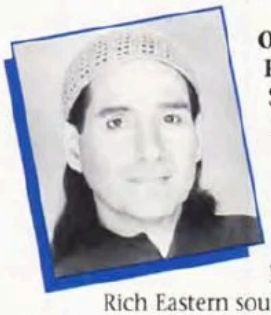
Vitic, or Magnetic Vitality: A compilation of documents relating to the Vitic Rods — from Egypt to Mesmer to Count Walweski to Max Freedom Long. Paperback 50pp (BB803) $7.95

The Reharmoniser

10 small glass jars of water, permanently charged to provide a correcting influence to counteract negative energies. Used particularly to counteract geopathic stress. (PP891) $99.95

High-Tech Meditation

BY BROTHER CHARLES

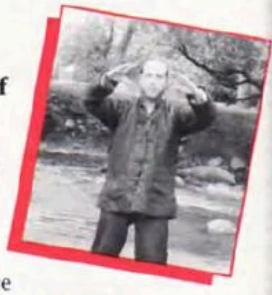


OM, The Reverberation of Source His most popular title. 2 cassettes (TB002) $19.95

Om Mani Padme Hum Rich Eastern sounds, excellent tape. 2 cassettes (TB003) $19.95

From Kenneth Cohen

Video:



Qigong: The Chinese Way of Health Learn the self-healing aspect of Chinese medicine, exercises used by Taoist priests to promote longevity and harmony with nature. 60 minutes. VHS only. (CV102) $49.95

Book:

Taoist Wisdom The collected publications of Ken Cohen, with some of the most detailed and clearly written information in English on qigong and T'ai Chi Ch'uan. (CB202) $20.00

TO ORDER CALL 1-800-456-9887

Pendulums

Positive Green Pendulum (A) (our longtime favorite — wood and plastic) **(PL105) $19.95.**

Spectrum Mirror Pendulum (B) (chrome-plated copper, with color cursor) **(PL135) $49.00**

GSR2 Biofeedback Programs

(see page 37)

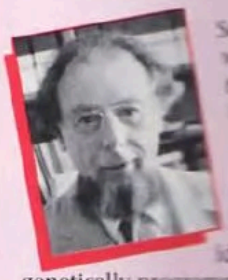
Stress Control: by Dr. Stephen I. Sideroff. Includes 4 cassettes, workbook, and GSR2. **(BG102) $89.95** **Without GSR2** (BG202) $39.95

Sleep Well: by Dr. Pater Hauri, Director of the Mayo Clinic Sleep Disorder Center. Includes 2 cassettes, workbook & GSR2. **(BG103) $79.95** **Without GSR2 (BG203) $24.95**

Breathing for Health: by Dr. Erik Peper. Includes 2 cassettes, workbook & GSR2. **(BG104) $79.95** **Without GSR2 (BG204) $24.95**

Sentics: The Touch of Emotions

BY DR. MANFRED CLYNES



Sentics is a system which correlates touch and emotion. For every emotion, Dr. Manfred Clynes, the creator of Sentics, has identified a unique genetically programmed brain and nervous system pattern which expresses itself in all our senses and movements. His system can be explored via regular use of his Sentic Cycle program, in which you systematically get in touch (literally) with the full range of your emotions, as they are expressed by the subtle qualities of your physical movements — specifically, the way you use your finger to touch. With the Sentic Cycles process you train yourself to handle emotions better, including "letting go" at both deep and subtle levels, resulting in profound serenity and calm. **Sentics** Paperback. 249pp **(ST201) $10.95**

Sentic Cycle Kit
Everything you need to practice Dr. Clynes' Sentic system. Includes an audiocassette guiding you through the process, an illustrated instruction booklet, and two finger rests. **(ST202) $42.50**

Cayce

The Cayce Dry Cell *(AKA Impedance, or Radial-Active Device)*
Widely recommended by the "Sleeping Prophet" for optimal health. (Also described by Lynn Schroeder & Sheila Ostrander in *SuperMemory*.) **(CC001) $175.00**

The Cayce Wet Cell (CC002) **$300.00**

Schauberger

The wonderful **Vortex Water Spring**, manufactured by Walter & Rhetta Baumgartner. Based on Schauberger's lifelong study of "living water" and the natural water cycle. **(PV800) $999.95**

Reich

Orgone Blankets, 36"x36" **(OB102) $125.00**

The Orgone Accumulator Handbook:
Construction Plans, Experimental Use, and Protection Against Toxic Energy, by James DeMeo, Ph.D. (An excellent, thorough, hands-on book, complete with history & principles.) **(OB101) $12.95**

Metaforms

The lovely **3-D Star** — a geometric form with energetic power. **(MF101) $149.00.**

The body-length **BioMagnetic Energizer** — a subtle energy matrix for the whole body. **(MF201) $595.00**

The Flogiston Chair

This ergonomic wonder comes out of NASA research into weightless states and the elimination of subtle physiological stress. This chair is ideal for everything from meditation to Virtual Reality explorations. (Did you notice its VR-based "screen debut" in *Lawnmower Man?*) Superbly constructed with one-piece monocoque hull and fine leather finish. **(Additional charges for shipping.) (PZ950) $1,599.00**

The Berman Rejuvenation Chair

It supports the body evenly, rocking, and contributing to a feeling of weightlessness. An ideal chair for engaging mind-enhancing experiences. In beige, blue or green. Call for details. Additional Shipping. **(NM202) $495.00**

Optional Stand (NM203) $85.00

Mind Journey™ Cassettes

From Don Paris and Ilona Selke, creators of Mirror Talk™. The Mind Journeys use music, guided imagery and "Mirror Talk" (backwards) subliminals (see page 61) to catalyze experiences of self-discovery. Programs include: *Mission in Life, Healing Your Body, Dreamtime Awakening,* and *Spiritual Partnership.* 2 cassettes **(MT006) $24.95**

"Where Do I Start?"

There's a great deal to choose from in our catalog. That's wonderful, but it can be confusing, too.

That's why we decided to highlight a few especially popular "tried and true" products. These have been a very happy place to begin for many of our repeat customers.

BioCircuits – *pages 30-33*

It was our enthusiasm for these simple energy-balancers that started us on the journey that became Tools For Exploration. Consider the Full BioCircuitry Starter Special on *page 33*. **(SB102) $89.00**

"Light & Sound" Machines – *Pages 40-47*

The most widely used mind machines of all. We have the world's most complete selection, critiqued by no less than Michael Hutchison, author of *Megabrain*.

The Tri-Field Meter – *page 56*

An inexpensive and versatile meter for measuring electromagnetic fields in your home, office or neighborhood. **(AL901) $125.00**

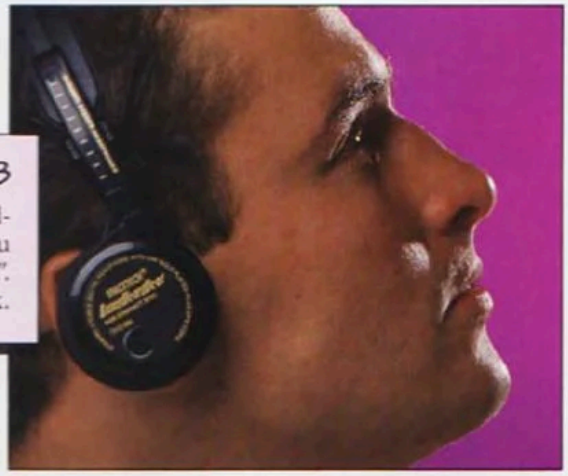
The PR-2 – *page 45*

The Mind Gear PR-2 is among the most popular of our mind machines. Please take a look at Michael Hutchison's Picks of a few super values on *pages 40-41*.
(With red LEDs – NE502)
(With white lights – NE501)
Both models $349.00

TO ORDER CALL 1-800-456-9887

The Stress Shield – *page 54*

Both color therapy, plus a "ganzfeld" in an affordable, well-designed, portable package. A unique product! **(LM102) $149.95**



Tapes & CDs – *pages 6-28*

We have the world's most complete selection of mind-expanding audiotapes and CDs. Special favorites you may want to try are marked with a star "★". *See page 6* for an introduction and full index.

Megabrain Nutrients – *pages 38-39*

Formulated by Michael Hutchison to provide a synergistic, integrated nutritional boost to your overall health and mental performance!

The Revolutionary Plasma Pulse Ionizer – *page 58*

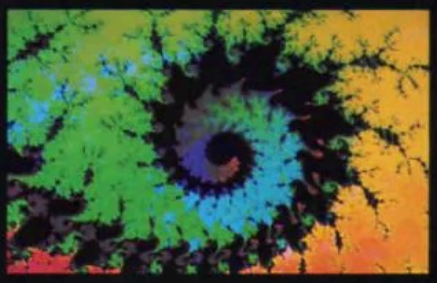
Gently ionize a whole room via an entirely new technology. It's what ionizers always should have been! Priced between $99.95 & $129.95.

Positive Energy Plates – *page 66*

Inexpensive, bright subtle energy tools. See them and our whole selection of subtle energy tools on *pages 64-66*. Priced between $10.00 & $30.00.

Tools For Exploration

OVER A THOUSAND PRODUCTS, BOOKS AND TAPES
FOR ENHANCING ENERGY, CONSCIOUSNESS AND HEALTH



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Fractal Music Page 26

A Complete Selection of Mind Machines Pages 40-47

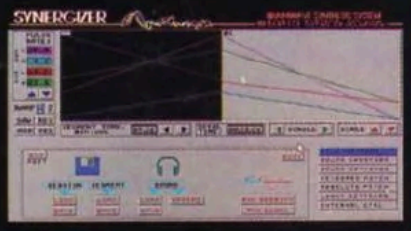
Tachyon Energy Products Page 65

The Alpha Mate Page 48

The Stress Shield Page 54

The Electronic Mind Pyramid Page 48

Computer Radiation Protection Page 57



Computerized Mind Expansion Page 46

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- *Satisfaction Guaranteed*
- *Fast, Personalized Service*
- *Low Price Guarantee*

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